



MIRROUR
OR
GLASSE
OF
HEALTH











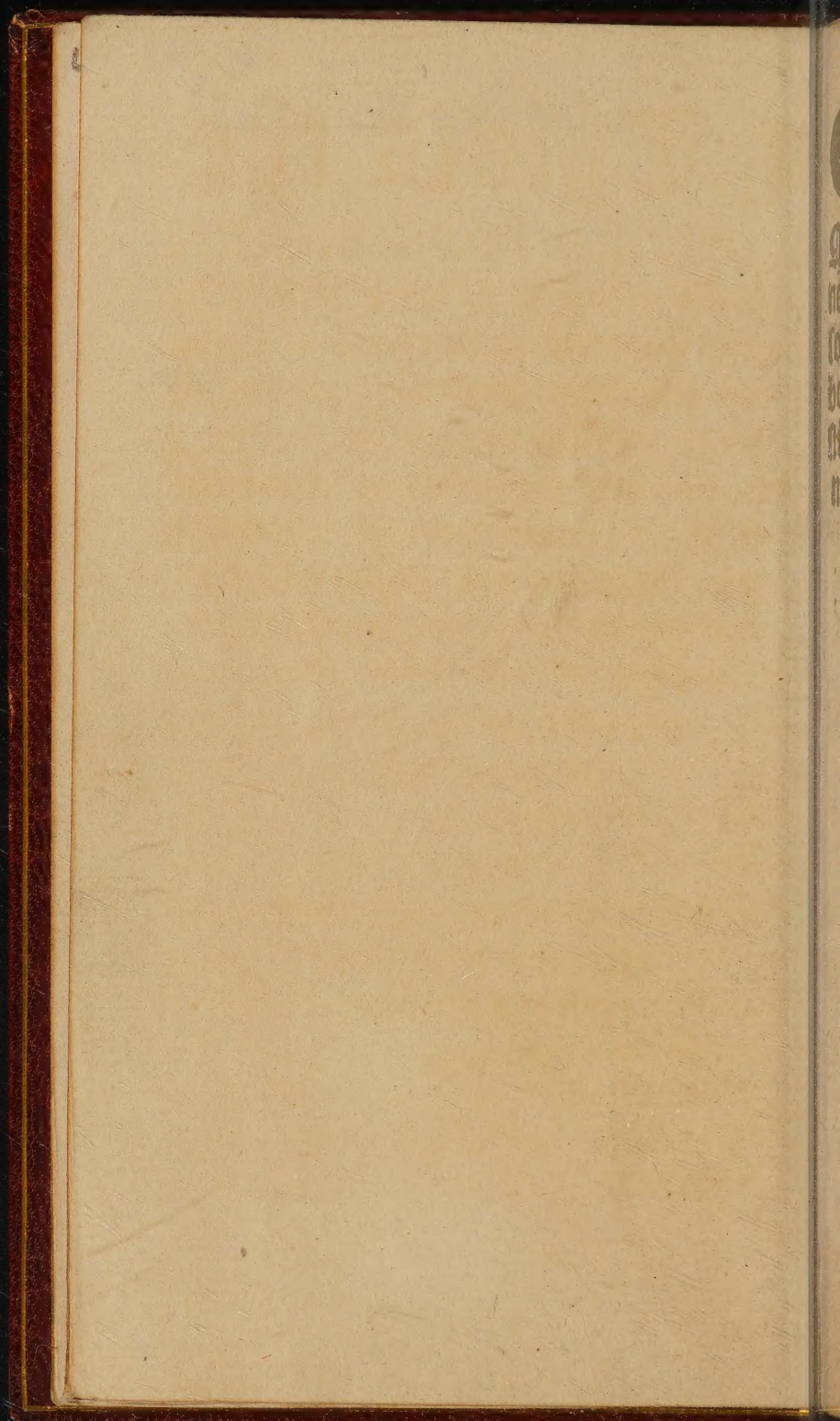
4469/A

Moulton (Thos)

circa 1550

Not in S.T.C.

MS. Case 1. 14472.



This is the

**Myrrour or Glasse of helth
necessary & nedeful for euery per-
son to loke in, that wyll kepe their
body from the sykenesse of the pe-
silence, & it sheweth how the pla-
nettes do raygne in euery houre**

**of the daye and nyghte, with
the natures and exposiciōs**

of the .xii. sygnes, deuided

by the .xii. Monethes of

the yere, and shewed

the remedies

**for ma-
nye**

diuers

infirmities and

diseases that hur-

teth the body of

Manne.

1515



These ben the thre pe-
rylong Mondays in
the yeare to let bloud
to take any medecyne
or purgaciō. The first
Monday of Auguste. The second
is the laste Mondaye of A-
pryll. And the thyrde is
the laste Monday of
December.



The Prologue of
the Auctour.



Do you wel to wote
that this boke pro-
fiteth gretly to eue-
ry Surgiton for to
knowe in what Si-
gne or in what de-
gre of the sygne the Sonne & the
Mone sitteth euery day in any of
the .xii. signes. And not onely it is
profitable to Surgions but also
to Phesicions and to al that vse to
giue medicines or laxatyues, or to
vse anye Bassions, or cutting or
letting of bloud. For as the Sonne
passeth through all the .xii. sygnes
by the space of a yere, abyding in a
sygne .xxx. dayes ryghte so dothe
the Mone passe throughe all .xii.
sygnes, that in .xxx. dayes aby-
dyng in a signe .lx. houres. And
as the mone amonge all Planet

A.ii.

tes

tes is nexte the earth in course, so
he hath moste effecte of working
in these earthely thinges after the
Disposycion of the nature of þ signes
that he hath her course in.
And therefore it is full necessary
truly to know þ state, the course,
and the nature of the Mone. For
thereby a man may know when it
is good to beginne manye dyuers
thinges, and when it is not good.
And also what weather is moste
likely to fall, after the nature of þ
signes, whether drye, or moyste,
hote or colde, there shall folowe
after the nature of the sygne that
he is in. In diuers coniunctions
of Planettes that is ioyned ther-
with. And therefore naturallye in
order I purpose me to declare
shortely in the. vi. Chapter
the nature and the state
of euery sygne that
he passeth by

Here

There foloweth the table
of this present boke

The fyrste parte of thys
boke sheweth diuers
causes, howe the Pestylence maie be engendred.
capitu.i.

The seconde part sheweth how
man woman and chylde, shoulde
preserue and kepe them from the
Pestylence,
capitulo.ii.

The thyrde parte sheweth, and
ys it be that man woman oz childe
be taken with y Pestylence, what
remedy and medycine is best ther
foze.
cap.iiij.

And after foloweth y.vii.daies
with the planetes.
capit.iiij.

Howe the Planettes reigne in
euery houre of the daye and of the
nyght, and the fyrst is the houres
of the Sonday
capitulo.v.

The natures and expokcyons
A.iii. of

of p. xii. Signes, deuided by p. xii.
 Monethes of p yere cap. vi.
 For p head ache. cap. viii.
 For the aking of p hede. ca. viii.
 For to spourge the hed. ca. ix.
 Also for to spourge the head. ca. x.
 for the tothe ache. capi. xi.
 for the ache of a holow toth. ca. xii.
 Also for the toth ach. cap. xiii.
 also for the tothe ach. cap. xiiii.
 Also yet for the tothe ach. cap. xv.
 for the stench in the mouth. ca. xvi.
 for stinking bzeth. capit. xvii.
 for ache and wormes in the eares
 capit. xviii.
 A precious water for poiso, & spe-
 cially against p pestilence capi. xix.
 for ronnyng eien. capi. xx.
 for red blered yen. cap. xxi.
 for eyen that bene dasunned or
 darke. cap. xxii.
 A precious water for the sight
 of the eyen. Capi. xxiii.
 For the Pryme and the webbs

in the ipe.

C For al euellles in the ipe. capit. xxiiii

capitulo

xxb.

for boylynge in þe ipe capi. xxviii.

for a styynkinge bzeth cap. xxviii.

for a hote swollen stomacke.

capitulo.

xxviii.

for the stomacke that aketh, cometh of colde.

capit. xxix

for to force the stomacke. ca. xxx

For the stomacks and the belye that aketh

ca. xxxi

for a manne that is sycke at the stomacke, or in the belye, or at the hert, or hede, or were bytten with any venemous beaste.

capitulo

xxxii.

For rysinge vnder the stomake

capitulo.

xxxiii

A good playster for the risinge vnder the stomake.

capi. xxxiiii

For hete in the stomake. ca. xxxv

For brennyng in the stomacke.

Capitulo.

xxxvi

A.iii

for

For to auoyd flēme out of thy sto-
make, & also of thy hed, Ca, xxxvii,

For all euylles in the stomake,
Capitulo, xxxviii,

For a disease at the heart ca, xxxix

For weakenes of the heart, cap, xl,

For faintnes of the herte, capi, xli,

For the breste that is encom-
bred. capitu, xlii,

For a manne, woman, or chylde,
that is broken in the bely, cap, xliii

A playster to knyght him, ca. xliiii

For that playster in may, capi, xlv

For to breke wynde in the bely
Capitulo, xlv.

for a swollen wombe, capi, xlvii,

For aking of y wombe, cap, xlviii,

for the heart breakinge. capi. xlix.

for soze sides within forth. cap, l,

Contra telam et maculam in
occulo, capit, li,

for a womans pape that is soze,
Capitulo, lii,

for the lyuer that is corrupte
and

and wasted.

capit. liii.

Foz heate in the lyner. cap. liiii.

Also foz the heat in the lyner
of amā, that his coloure be yelow.

Capitulo.

lb.

Foz a mannes breste that is en
combred.

capitu. lvi.

Foz a man that hath the woymes
in his bely, & his body lene. ca. lvii

Foz the brest & the lūges. ca. lviii.

Foz to auoid and destroy flume

Capitu. lix.

Cfoz the stone.

Capitulo. lx

Another foz the stone. Cap. lxi.

Foz the Colyke, straungurpe
and stone.

capit. lxii

Foz a man that is Lepze, and
it take in hys legges and go bp-
warde.

capitulo. lxiii.

Foz a Dart in a mannes fleshe.
capitulo.

lxiiii.

Foz a sauce flume bisage, capit. lxb

Cfoz him that maye not holde
his water,

Capitu. lxbi

A. b.

Another

Another for the same. Cap. lxxvii

For to destroy flume. cap. lxxviii

for a wombe is hard capi. lxxix

for the bloody menyson. capit. lxxx

swollen capitulo. lxxxi

For to make one slender. ca. lxxxii

for him that lacketh wid. ca. lxxxiii

for him that is costife. Cap. lxxxiiii

for a wicked blasfe in the bylage.

cap. lxxxv

for the shingles, capit. lxxxvi

for the cough. Capit. lxxxvii

for the perilous cough. cap. lxxxviii

Also for the chin cough. ca. lxxxix

for the yche. cap. lxxx

for to draw a byle from one place

to another. capit. lxxx

for him that pisseth blod. ca. lxxxii

for him that hathe losse hye

mynde. capit. lxxxiii

Another for the same cap. lxxxiiii

For him that hathe the frensy.

Capit. lxxxv

For ones homisheth to muche
 Capitulo. lxxxvi
 for a disease in y eares ca. lxxxvii
 for a manne that his eares sowne
 within capitulo. lxxxviii
 for sinowes that thynke after
 that they haue bene hurt and bled
 againe. cap. lxxxix
 for to staunche bloud. cap. xc
 for to staunch blode. Ca. xci.
 for the enpostume. cap. xcii
 For spitting of bloude. capit. xciii.
 For wild fier, that is called the
 fyr of hell ca. xciiii.
 For biting of a mad dog ca. xcv
 for to do away a wen ca. xcvi
 for to breake a felon in a nyght
 capi. xcvi.
 For the megrim. cap. xcvi
 for the mozfewe. cap. xcix
 for to stoppe the fyr. cap. C
 for the Canker, wyld fyr, and
 ignis sancti Anthony. ca. C. i
 for to make heer to growe. ca. C. ii

Cfor to do away heer. Capi. c. iiii.

Cfor a scald heade. Capi. c. iiii.

Cfor the yelow Jaundes. capi. c. v.

Cfor y blacke Jaundes. cap. c. vi.

For wormes and hete in the ha
des. Capitulo. c. vii.

For the Goute. capit. c. viii.

For sore knees, that doth swell
and ake, capit. c. ix.

For the fallynge euyl. capit. c. x.

Cfor brennyng and scaldyng.
Capitulo. c. xi.

Also for brennyng with fyre.
Capitulo. c. xii.

To hele hurtes & woundes. ca. c. xiii.

CTo make a salve to drawe and
to hele. capitulo. c. xiiii.

For stingyng of Edders oz sna
kes, Capitulo. c. xv.

Cfor hi y may not slepe. ca. c. xvi.

For the pally. Capi. c. xvii.

A good drynke for y por. ca. c. xviii.

A salve for the por. cap. c. xix.

For the gowte oz the swellng
of iointes

of ioyntes knobbes, and knöyres
that cōmeth of the ache of the por.
Capitulo. c.xx.

Finis. Tabule,

Here begynneth the first parte
of this boke that sheweth diuers
causes how the pestylence may be
gendered. Capitulo. i.



Onsyderynge that thys
treatyle, is very nedful,
and necessary agaynste
the syckenesse of the Pe-
stylence. And for a comon welth &
hethe, of the kynges lyege people:
Thomas Moulton Doctour of
dyuynitie, of the ozdze of the fre-
re preachers, the which for to ga-
ther moueth me for diuers causes
The one is prayers of mine owne
brethren.

Another is cause of prayers of
many worthy gentiles.

And another is compassion that
I haue of the pooze people, & was
and

and is destroyed euery day ther-
by for Defaute of helpe.

And the fourth cause that mo-
ued me moste of al is pure conscy-
ence, for euery chrysten man & wo-
man is bounde by the law of con-
science, and they know their euen
chrysten in greate peryll oz that is
lykely to fall to great myschief to
helpe them if he may by his witte
with hys traunayle, and with hys
goodes. And these foure causes
moued me to compounde and to
gather this treatise, and to set it
in prynte so in Englyshe, & euerye
man both lerned, and lewde riche
and poze may & better vnderstand
it, & do thereafter. And so euery mā
woman, & child, to be theyr owne
phesicion i tyme of nede, against &
vengeaunce and corruption of the
pestilence that now is reigntyng
with other dysseases manye moo,
and this treatyse for the pe-
stilence

silence is deuised and parted, in
thre partes and consequently ens-
suerh the, vii. dayes with the pla-
nettes with the natures & expo-
sicyons of the. xii. sygnes deuised
by the. xii. monethes of the yeaer,
with remedies for many dyuers
other diseases that hurteth & gre-
ueth the body of man.

And the fyrst part of this boke
telleth diuerse causes how the pe-
stilence may be gendred.

The seconde parte telleth howe
man, woman, and childe, shal pre-
serue and kepe them selves frome
the pestilence, If so that manne
woman, or chylde, be curable that
falleth therin.

The thyrde parte telleth the re-
medy, helpe and medecine against
the pestilence.

The fyrste parte I save of this
treatyse as I tolde, be shewed dy-
uerse causes, whiche maye be the
ground

grounde of this Pestilence, that
nowe raygneth. I fynd by the treatise
tynged of.iiii. Doctours, the .iiii.
pillers y^e upholdeth holy church.
That is to say, saint Austin, saint
Jerome, saint Gregory, and saint
Ambrose, where they speke of this
matter, they say that Synne that
raygneth among the people. And
namely that Sinne that reigneth
among head men. And the gouer-
ners of the church, and of the law,
is cause of the Pestilence, venge-
aunce taken for Sinne. Hereof I
fynd insample, and fygure in holy
writ. In the .ii. booke of kinges, in
the .xxiii. chapitour. There shew-
eth holy writte openlye, that for
synne of kynge Dauid, God sente
vnto him his prophete, and gaue
hym choise of .iii. thinges, whether
that he had leuer that God should
sende vpon him, for his sinne, and
of his people, hunger, vii. yere, or
elles

elles he had leuer þ he should send
vpon him pursuvt of enemies, and
to be ouercome of them. iiii. monethes,
oz yet that he had leuer þ he
should sende vpon hym Pestilence
iii. dayes and thze nyghtes. And
than kinge Dauid truelye choyse
Pestilence, so that from that time
that he had chose thus Pestilence
oz it was none of þ Day, there was
dead. xxvii. thousand, of his people
And than kinge Dauid sawe that
vengeaunce was taken for his syn,
by Pestilence, mournyngly wyth
great sorowe & greate compassion
of herte: he cryed God almyghtye
mercye. And whan he had done,
anone the pestylence seaced.

Also for synne that reyned in
the people bydous pestilence hath
bene takē as was shewed of Hieru-
salam, telleth Vincent in speculo
historiali, & Eusebius telleth the
same. Therfore euery mā in what

B.i. Degre

degre, or what stat he be, put away
sinne thzough hertely sorow, and
bery contricion asking of god me-
kely mercy & forgiuenes entperly
with Mzist of mouthe, & satisfacciō
doing penaunce for his sinnes, the
he putteth away þ cause of pesty-
lence þ in case is vengeaunce take
for synne. And sothely sauyng we
ought not to deme lyghtly of god-
des pzeuites, this may be wel one
cause of this hydeous Pestylence
that now is regning.

Also they saye generally in this
realme, & soth it is þ many tokens
ar shewed þ men likely deme þ sin-
is cause i part of this pestilēce, as
þ corrupte aire & the benyme ther-
of the whiche was caused by a cō-
iūcció of Saturne & Iouis þ whi-
che Planettes their workinge w
in few yeares, and þ malice of the
coniuncion & of other sinne, thys
left i the ayze & beneth, the which
malice

malice & benigne hath his respecte
& his influence, more in þ complex
ion of mā than of beast, in asmuch
as the working of þ coniuncção, &
of other sin was more principally
in the sinne of mankinde than in þ
ff of another maner of beast. But
the working of other coniuncç
ons dyuers are before hand, had
their workinge in the signes of o
ther beastes & theyr influence in þ
Compleccions of them.

And therfore the malice of the
coniuncçions was cause why that
the mozen fel of such beastes more
than of other that time. But this
coniuncçion aforesaide, the which
was wrought, more principally
þ sin of mankind more thā of any
other, whose benigne & malice yet
reigning, is the cause of the cor
ruption of the ayre, þ whiche ayre
corrupte is cause of the Pestilence
that now is raigning, but in euer
B.ii. the leg

theles if so be that it be impossible
by all philosophers that the Ele-
ment of y^e ayre should in his owne
kinde, and in hys own substance
be corrupte or elles infecte, sithen
it is symple and cleane in his sub-
stance wrought without any be-
nome or corrupcion. Neuertheles
yet by the waye of vaporous fu-
mosities and humours the which
that are corrupt and drawe from
y^e earth beneth by vertue Attrac-
tyfe, of the bodies that ben aboue,
and mengyd with the ayre so by
Accydentall cause is the ayre cor-
rupt and in parte cause of this pe-
stylene. But than thou mayste
meue againste me, and say that yf
so were that the benemous ayre, &
the corrupcion therof, should be
cause of pestylene, or elles man,
woman and chylde, shoulde be in-
fect thereby, y^e it semeth euery mā,
womā, & chylde, shoulde be infecte
and

and corrupt by y pestilence. In y
countrey there the ayze corrupt is
reygnyng, sythen the ayze in such
a place is common to al maner of
men. To this answereth Avicē in
his cānon in the part there he tre-
teth De dura februm: y if all the
pestilence ayze be reygnyng in a
countre, & if it be cōmon to all the
inhabitauntes of that contrey, yet
ther shal none be infecte therwith
but they that be replet and full of
corrupte humours, the which cor-
rupt humours haue theyr respect
and accordyng to receiue the cor-
rupsion and the benym of the aire
els in what countre, oz cytie that
suche ayze were corrupte oz beno-
med. In al maner of men that re-
ceiue y ayze in the same cōtre,
oz in the same Cytie shoulde be be-
nemed and dead thereby, ye se wel
and knowe well, that the Ele-
mente of the syer, hathe no predo-

minacyon nor will not bren. But
mater that is Conbustible, and ac-
cordinge to receyue fyre. On the
same wise the Element of the ayre
that is pestilēce corrupt infecteth
neyther man, woman nor chylde,
but suche as haue such benemyde
and corrupt humours within the
selfe disposed to the same, the pesti-
lence therof in such time that such
pestilence ayre reygneeth in.

After dyuersyte of venemous hu-
mours, and corrupcyon in men
reygning. And thzough the wor-
kyng of that venemous Pesty-
lence ayre or diuers syckeneg and
perelous gendzed in man, womā
and chylde. And this alteracyon in
kynde is wrought, by the malyce
and influence of the Coniuncti-
on afoze sayde, the whiche maly-
ce of coniunccion, is lykely to bee
cause of many other wōderful alte-
racions betwixt kinge and kyng
lozde

lorde and lorde, man and man, wo-
man and woman, father and son,
brother and brother, and many o-
ther. Also it is lykely to be cause of
Deposynge of lordes oute of lordes
hyppes and inhaunsynge and in-
hyghig of knaues. And emperors
of mighty men spoliynge and des-
troying of kyngdomes and lorde-
ships. Also it is lykely to be cause
of greatte spers greatte mystes,
& great waters by land. And cause
of many greate peryls by the see.

Also it is lykely to bee cause of
many wonderfull tokenynges of
great wyndes & many other won-
derful thinges. Also distroying of
manye sectes, & principallye of þ
Sarasing secte, & of many other
wonderful sickenelles. Also þ sisyng
of holy church is likely to cesse &
diuers states to ende, & ther with
many thinges is lykely to fal by þ
ingemet of astronomi, þ whiche I

B. iiii.

will

Wyll not wyrt for diuers causes.
But know it well allmaner of mē
þ these thinges, I reherse not as
thinges tolde by prophesy, but as
conclusions folowinge & shewed
by astronomy, and also by astrola
gy, for as declareth Apocras i his
boke that he made (*De Epidimia*)
there shal neuer phisycion be true
in workig: ne sure practesoz of phi
like, but he worke & practise by ru
les of Astrology & of Astronome
for Apocras sayeth þ it is impossi
ble þ a mā shal cure a sycknes but
yf he know þ cause of his sycknes,
ther is some sycknes þis caused by
mouing & workig of the bodie a
boue, the whiche a man maye not
knowe without Astronomye and
Astrology, thā it semeth wel þ it is
impossible to a mā to cure sicknes
generally, but he cā of Astronomy
& of Astrology. For as I find in li
bro *Interpretacionum* al the. iiii.

B. v.

Gle

Elementes, & al other thinges, be
neth þ ben cōpoūd of them are gē-
dred by þ course of the planettes
aboue. And al the liuely bodie be
neth haue in part, ther being thei
heale, & theyr sycknes by the mo-
uing of the bodyes aboue.

Thus endeth the fyrst parte of
this pestilence treatise.

Here foloweth the second parte
þ sheweth how man shoulde pre-
serue and kepe him from the pes-
tilence. Capitulo. ii.

As the seconde part of thys
treatyse, is howe thou
shalt gouerne and pre-
serue thy selfe from the
malice of the pestilence ayre, and
from the venym and coꝝrupcion, þ
is gendred therby: The whche
partye is pꝛyncipal cause of this
pestilence that now is reygning.

The fyrst and the pꝛyncipal pre-
seruacyon there againste is thys.

To

To gouerne þ well & wisely & for
to fyve al þ may gendze any feuer
oz ague. First thou nedeth to kepe
þ seuerally frō al maner of exceſſe
& outrage of meat & dzyrke, & na-
me ye from all maner of seuozes
meates as Gole, Douebirdes,
Malardes, Wenyſon, Lampraye,
Scate & Elis. And alſo other ſe-
uozes meates, eate no great meat
no vnniōs, noz lykes, noz garlick
noz no frute. For al theſe gathe-
reth & engēdzeth vnkindly heates
& ſo bzyngeth a man to an agu, & he
be in any wiſe of nygh diſpoſicion
therto. And vſe no bathes noz
ſtues ſwete not to much, for all o-
peneth the pores of a mannes bo-
dy & maketh þ venemous ayze to
enter: & for to infecte þ bloudde &
ſpyrytual membzes of man, and
for to deſtroye al liuelye ſpirites
in man. Alſo kepe the from haun-
ting of Lechery, for that bothe o-

peneth the pores and dystroyethe
the kynde naturall. And also infe-
bleth the spiritual membrs, & the
liuely spirites of man.

Also in the tyme of Pestilence
in no wise suffer to great thurst,
& if thou thirst, loke thou drinke
but mesurably, and not but for to
slake thy thirst & namelye suche
drynkes as wil abate thy hete as
is Tysan water menged with
vineger, or water of Borage, wa-
ter of Letuse, water of Roses, wa-
ter of Scappous water of Tur-
mentil, water of Dittē, mingled in
euen propozcion or elles by them
selfe. For these drynkes if the pe-
stilence reigne in the hete of y^e So-
mer ben profitable, & souerainlye
to them y^e ben Colyrike of cōplec-
cion. For they be hotter & dryer thē
other. Also to slepe on after nones
& whā thou shalt go to bedde, shyt
thy dozes and thy windowes close
And

And in an erthen pan ful of Char-
cole fyer caste this powder made
of these thinges, of Lozell leuys,
Dried, Rosemary Dzyed and fran-
kenseng of ech of them alike much
and caste halfe a sponesfull of thys
powred in the fyer.

Also vse fyer in thy chamber all
the times of the day & of the night
of these thiges as fier of Fenoper
& if thou maye not get this Fenop-
er make the fyer of clene Dzy Al-
chewod, and vse to cast in the fier
alwaye, frankēsens, Storax, Ca-
lomit, Lapdanum, and the fumo-
syties of these and the smoke, yf y
ayze be cozrupt of y vertu Attrac-
tue of the lyuely spirites, and the
spirituall membres outwarde by
the baynes of the hert, and so inue-
nomus it & these hasteth a man to
his death. But if y nature of y pe-
stilence be gēdred betwixt y thigh
and the bodye: it is a tokenynge y
it

it commeth from infectyon of þe li-
uer and thā if the matter appere in
the scher belyde the preue mēbers
blede on the fote in the same side,
on the bayne that is betwyrte thy
great too, and the next too, for if þe
botche be drawinge thither. And
thou blede on the arme the matter
than wyll draw vp againe to the
lyuer, and so to the herte and that
is peryllous. And if the botche be
more outward to þe syde and fer-
ther from the preue mēbers, blede
then on þe baine betwene the ankle
and the fote, and the hele, or elles
on þe baine that is vnder þe ankle
that is called the Sopheme: or
els loke that thou be lone ventu-
sed with a ventolyng best beneth
þe botch, but that is very painful.
Neuertheles in case that the baine
may not be taken, or elles that the
baine may not blede, it muste ne-
des be suffred, in suche peryl maye
thou

thou be. If the mater appere in þ
clensynge place of þ heed, consider
wel on what syde it appereth, and
blede on the vaine, oz on the arme,
the whiche vayne lyeth nexte the
Cardyacle, the which Cardyacle
lyeth in the myddes of the Arme
right in the bouthc of the arme, oz
elles blede on the vayne that is
on the hande, that is betwyrte
the thombe and the nexte synger,
oz elles bee ventosed betwyrte
þ shoulders. But take good hede,
that whan some euer thou haste
blede of any of these vaynes, take
good hede that thou slepe not af-
ter thy bloude letting of. xiii. hou-
res. If thou be riche and may wel
spend, than it were good to haue
this Some Ambze evermore in
thy hande, holde it to thy nose that
thou may receyue the sauer and
smel thereof, for confortinge of
thy bzaine (and of all other Spy-
rytuall

eternall membrs the whiche thou
shalte make thus). Take Lapda-
num puryd an ounce storax Cala-
myte dysolued, Roses, Cloues,
Maces of echone thre halfe peny
waighte and make the in powder
þoughte to be made in powder. &
v. sponful of oyle Debay, an once of
berginne waer & dissolue the. And
when they be dissolued: put all to-
gyther and mengle them wel vnto
they be cold, & make therof a ball
the quantite of a wall nute: and þ
is called the Dome ambze, þ set oz
the smel therof, wil comfozte the
lyuely Spirites in manne, and if
þ rule þ thus as I haue taughte
the, thou may by the grace of god
and by this gouernance preserve
thy selfe from the pestilence.

CThus endeth the seconde
part of the pestilence
treatyse.

And

And here foloweth the thyrde
part that sheweth, & a man be ta-
ken wth y^e pestilence what emedy &
medecyne is best rtherfoze. cap. iiii



Ere the thirde parte of
this Treatyse telleth
what is against this sic-
kenes of y^e pestilence y^e
reigneth among y^e people, & what
medecine is best therfoze. Auicen
in his Canō on y^e part, ther he trea-
teth De dura febzum, there is no
siknes y^e falleth in kind but there
is medecine in kind for it. There-
foze if so be it be takē in dew time
thā if thou shalt fall into this sick-
nes, loke that thou be letten blod
as I haue told. And if there be ani
feuer, oz anye ague annexed ther-
to & the corrupte blode be drawē
away, on this bleding as I haue
told. (And y^e principall membzres
ventused) y^e hert oughte thē to be
cōforted wth good Letwares oz wth
cold

colde water stilled, the which Les-
temarys be these þ wil withdraue
vnrkindely hetis, as cōserue of hy-
oletes, cōserue of Borage, cōserue
of Buglos drawn with suger de-
coct with water of Turmētīl, wa-
ter of Endiue, water of roses, wa-
ter of Borage myngled by euen
porcions. And then take these
euery day, & euery houre of þ day,
w water of turmentil, water of sca-
bious, water of Uiolettes, oz els
water of Endyue.

Also it wer nedfull to haue this
water distilled of these herbes of
Detyne, of Scabious, of Turmē-
til, of Uiolettes, of Endiue, & Le-
tise, & for to drinke these mingled w
whyte wine of gascon, oz elles of
Rochel wine, & namely þ whiles
the vnkindlye heate reygneeth.

Also it were nedeful to haue wa-
ter of Roses, and of Byttayne, to
washe thy temples with all, and

C.i.

thy

thy pulse withal of thy Arme and
thy handes. And also it were
nedful to take of the last, that is to
saye of Rose, & of betane: & put ther
of i a saulcer of pewter, oz i a siluer
pece, & chaufe it a lytell, & lape a li-
nen cloth four fold & wete it theri.
And y while thou art in the great
hete of y ague lay y linē cloth wete
in y water vpon thi temples, & vpo
thy forhead, and another vpo thy
liuer. Take also two other clothes
lapped & wete on the same wise, &
lai i euery Arme hole one. And this
practising shal do y great ease whe-
ther thou be Curable & shal lyue,
oz incurable and shal dye.

But the most nedeful thing of al
if so be y this apere in any wyse a-
foresayd, is for to draw the botch by
craft away from y clensing place,
a great space fro y hert. And that
shal I tel the how, & in al my prac-
tising in yheslike this. xviii. pere, I
wiste

Wiste it neuer fall but twise & that
was no: long of þ medecine. And
one other time but of other defau-
tes, þ which I wil not writ at this
time, though it wil expel & boide it.
And loke in þ tyme of Pestilence, þ
they Codwares be alway freshely
waschen & after the washing, loke þ
they be dipped i syne water of Ro-
ses, & on the same wise þ Kerchese þ
thou lappellst thy heade in ou nygh-
tes and let it dry by the syer: & not
by the pestilence ayze. And whan
thou liest the downe to slepe, laye
vnder thy heade & vnder the ende
of thy pylow that is towarde thy
bylage Rosemarye, Ilope, Soue-
rayne Mintes, Perial riall, Lorcl
leues, put in thy meuthe Mases,
and Clones, oz elles Putmygges,
loke enery day þ thou take of fyne
triacle proued þ quantite of a bene
and a halfe. Also bere in thy purse
these maner of spices. Maces, Clo

Wes, Quybybes, Canell: oz elles
Cynamon, and chew thereof, and
eate therof al the times of the day.

And if thou be a poze manne and
maye not intende to the costes of
these thynges. Take then euerye
daye fastinge . ix. soppes in syne
byneger of white wine, oz elles of
reed wyne, and drinke to the a sau-
cer full of byneger, oz thou passe
out of thy house oz place.

Also one of the best gouernance
of all is in blode lettinge: for thou
halt vnderstand that a man is in
Spyrytuall membres princypal,
that is for to say þ herte, the liuer,
& the braine, & euery one of these
hath his place giuen him by kinde
by þ which he may auoyde all such
superfluytes, and cleare him selfe.

The herte hathe his clensynge
place in the arme houle.

The clensynge place of þ lyuer
is betwixt the thyghe & the body.

The

The clensyng place of the Brayne
is vnder the eares at the eares ro-
tes, and in the throte.

Then this sycknes of the pesty-
lence cometh thus: whā the pores
of a man are open, thē fyyst entreth
the venemous & the corrupt ayre,
and as sone as it hath the maystry &
mengled with mannes blode, than
conneteth it to the hert that is rote
and grounde of mannes life: for to
destroie mankinde, & for to infect
and destroie al liuely spirites in a
man, and so fynally for to kyll & sle
him, but the herte & the clene blode
flyeth al that is noyous & contra-
ryous vnto kynde. And in as much
as i him is expelled all such maner
of corruption & venomus fro him
to his clensyng place to the arme
hole: But thā for that place is som
time stopped that it may not out,
& it passeth than to the principall
member next that is the lyuer for

C.iii.

to

to dystroye it. And then it dothe as
the herte dothe in his kind, & expel-
leth it from hi to his clensing place
betwyrte the thighe & the body, for
it is also spared in case & stopped it
may not out but passeth y metes &
the baynes vnto y thyrd principall
membze y is y brane but the he wold
expel it to his clensing place that is
vnder the eares & it may not in case
out therfore the stopping & the spa-
rynge of the meates & poores & for
thickenes of the fowle and corrupt
blode, & the venimous mater is mo-
uynge that is myngled therwith,
and thus longe tyme the mater is
mouynge oz it resteth in any place
sometyme .xii. houres, and sometime
xxiii. houres, and somtyme moze,
and somtyme lesse after the degre
and the gentylnes, and the great-
nes of y sicknes corrupcions, and
venomus y be gedred. But the at y
last sotime within .xxiii. houres it
passeth

passeth not out of the clesing place
noz at no other place through ble-
ding the it festures in some place &
cast a mā into an ague & maketh a
botche in some of the.iii.clenlinge
places oz els nere to them on some
bayne, ye shall well wpt þ a botch
groūndeth him euer more & setteth
him on a vaine, & letteth þ bloude
than þ it may not haue his kindly
course by þ vaine as he shuld haue
but it is infecte therby. And so al þ
pzyncipal & spiritual membzres are
infecte, and thus sleeth manne.

Thus endeth the thyzde part of
this pestilence treatise. And here-
after foloweth the. vii. dayes with
the planetes. Capitulo. iii.



At these seven Pla-
nets þ oughtest to
know that þ Son-
daye hathe his do-
inge vnder þ Sōne
The Monday vn-
der the Moone, The

The Tuesdaye vnder Mars. The
wednesday vnder Mercury.

The thursday vnder Jupiter.

The fryday vnder Venus.

The saterday vnder Saturne.

Note wel that al the true acte &
operaciō ought to be made vnder
this Planet, & is best & it be made
on his propre daye of the Planet,
and the houre proper exempte.

Under Saturne is y life edifice,
Doctrine, & mutacion compzynse.

Under Jupiter obtaine honour
richesses & gaie costely garmentes

Under Mars, battayle, pryson,
marriage and inimyte.

Under the Sunne esporaunce,
gayne fortune and heritage.

Under Venus, loue, socyete, lyfe,
louynge and pylgrimage.

Under Mercury sicknes, myserye
death and ferfullnes.

Under the Mone flouthes, euyl
thoughtes and thefte.

Here

There foloweth howe the Planets
reigne in euery hour of the
day, and of the nyght. And the
fyzste is the houres of the
Sonday Cap. v.

The fyzste houre of the
Sonday reigneth Sol,
þ seconde venus, þ thyrð
mercury, & fourth luna,
the fifth saturne, þ sixte iupiter, þ
seuenth Mars, the. viii. Sol the. ix
Venus, the tenth Mercury, the. xi
Luna, the twelueeth Saturne:

The houres of the sonday nyghte.

The fyzste houre Jupiter, the
second Mars, the thyrde Sol, the
fourthe Venus, þ fifth Mercury, þ
vi. Luna, the seuenth Saturne, þ
eyght Jupiter, the ninth mars, the
tenthe Sol, the leuenthe Venus,
the twelueeth Mercury.

The houres of the Monday.

The fyzste houre Luna, the se-
conde, Saturne, þ thyrð, Jupiter
C. v. the

the fourthe, Mars the fyft, Sol, &
fixte, Venus the feueñth, Mercury
the eight Luna, the ninth Saturne,
the tenth Jupiter, & leuenth mars,
the twelueñth Sol.

The houres of the monday night.

The fyfte Venus, the seconde
Mercury, & thirde Luna, & fourthe
Saturne, the fifth Jupiter, the sixt
Mars, the seuenth Sol, the eight
Venus, the ninthe Mercurye, the
tenth Luna, the leuenth Saturne,
the twelueñth Jupiter.

The houres of the teweysdaye,

The fyft Mars, the.ii. Sol, the
iii. Venus. &.iiii. Mercurye, the v.
Luna, the.vi. Saturne, the seuenth
Jupiter, the.viii. Mars, the ninth
Sol, the.x. Venus, the.xi. Mercury,
the twelueñth Luna.

The houre of the teweisday nighte

The fyft Saturne, the.ii. Jupiter
the,iii. Mars, the.iiii. Soll, the.v.
Venus, the sixte Mercury, the se-
uenth

nenth Luna, the eyght, Saturne,
the. ix Jupiter, the. x. Mars, the, xi
Sol, the twelueth Venus.

The houres of the wednysdaye.

The fyrste Mercury, the second
Luna, y^e thyrde Saturne, y^e fourth
Jupiter, the fyfte Mars, the sixte
Sol, the seuenthe Venus, y^e eight
Mercury, the ny nth Luna, y^e tynth
Saturne, the leuenth Jupiter, the
twelueth Mars.

The houres of y^e wednysday night

The fyrst Sol, y^e second Venus,
the thyrde Mercury, the fourthe
Luna, the fyfte Saturne, the sixte
Jupiter, the seuēth Mars, y^e eight
Sol, the ninthe Venus, the tynthe
Mercury, the leuenth Luna, the
twelueth Saturne.

The houres of the thursDay.

The fyrste Jupiter, the seconde
Mars, the thirde Sol, the fourthe
Venus, the fyfthe Mercury, the
sixte, Luna, the seuenth Saturne
the

the eight Jupiter, the ninth mars,
the tenth Sol, the leuenth Venus
the twelueh mercury.

The houres of the thursday night

The fyrste Luna, the seconde
Saturne, the thyrde Jupiter, the
fourthe mars, the fyfte Soll, the
syrte Venus, the seuenthe Mer-
cury, the eyght Luna, the nynthe
Saturne, the tenth Jupiter, the
leuenth mars, the twelueh Soll.

The houres of the fryday.

The fyrste Venus, the seconde
mercury, y thyrde Luna, the fourth
Saturne, the fyfthe Jupiter, the
syrte mars, the seuenthe Soll, the
eyght Venus, the ninth mercury,
the tenth Luna, the leuenth Sa-
turne, the twelueh Jupiter.

The houres of the fryday nyght.

The fyrste mars, the seconde
Soll, the thyrde Venus, the fourth
Mercury, the fyfthe Luna, the sixt
Saturne, the seuenth Jupiter, the
eyght

eyght Mars, the nynthe Sol, the
tenthe Venus, the leuenth Mar-
cury, twelueh Luna.

The houres of Saterday.

The fyrst Saturne, the seconde
Jupiter, þ third mars, the fourth
Sol, the fyfth Venus, the sixt mer-
cury, the seuenth Luna, the eyght,
Saturne, þ ninth Jupiter, þ tenth
mars the .xi. Sol, the .xii. Venus.

The houres of the saterday night

The fyrst mercury, the seconde
Luna, the .iii. Saturne, the fourth
Jupiter, þ fyft mars, the syxt Sol
the .vii. Venus, the eight mercury,
the ninth Luna, þ tynth Saturne,
the .xi. Jupiter, the twelueh mars

Nota that Jupiter and Venus
ben good, Saturne & mars euyll,
Sol & Luna indifferēt, mercurye
is good with them þ bee good, and
euell with them that ben euyll.

Also note wel that the houres of
the planettes ben dyfferent to the
of

of the clockes for the houres of the
clokes be egall alwayes of. lx. mi-
nutes, but they of y^e planets whan
the day & the night ben egall, that
y^e sone is in one of the Equinoctes
they be egal, but as sone as y^e days
longeth oz shorteth so doth the na-
tural houres, by this it is cōueniēt
alway for y^e Day to haue, xii. tēpo-
ral houres, & the night, xii. tēporal
houres. And whan y^e daies be lōge
& the houres lōge, & the daies short
& the houres short, in likewyse the
night. And neuerthelesse an houre
of the day, & an houre of the night
both together haue. xl. mynutes, as
for. ii. houres artyficials y^e the one
leueth the other taketh. And than
take we out planetes from y^e sone
rising, & not befoze vnto the sonne
going down & than al y^e remnaunt
is nigh & about the moneth of De-
cembze, the dayes haue but eyght
houres artificialles of the Clocke,
and

and they haue .xii. tempozals, than
let the .viii. houres artificialles be
deuided in .xii. egall partes, and
it shalbee .xii. tymes .xl. minutes,
and euery parte shalbe a tempozal
houre, that shalbee of .xl. minutes
and no mo. Thus in Decembze the
tempozall houres of the daye haue
but .xl. minutes. But the houres of
the nyght haue .lxxx. minutes. For
that tyme the nyghtes haue .xvi.
houres artificialles, yf they bene
deuyded in .xii. partes be .lxxx. mi-
nutes, for euery tempozal hour of
the night in Decembze haue .lxxx.
minutes and .xl. For an hour of
daye ben fyrscore minutes in two
tempozall houres as many in .xii.
houres artificialles, that ben eche
of .xl. minutes. In the monethe of
June is the contrary. In March
and in Septembze al houres, ben
egal as is the dayes i other mone-
thes by egall porcion.

Thus

Thus endeth the .vii. Planettes
vpon the .vii. Dayes in the weeke.

And hereafter foloweth the na-
tures and expolytyons of the .xii.
Signes deuyned by the .xii. Mo-
nethes in the yere.

March hath the signe of the Rā.
And is indifferente for takinge of
purgacion, and is verye good to
let bloude.



Arpes is a sygne moua-
ble hote, & drye Colorike
nature of the fyre & hath
lozde thyppe in mannes
head & the face, and the partyes
longynge to the heade, whan the
Mone is in that signe: beware of
cuttinge in y head, oz in the face, oz
in any bayne y longeth to the head

Also it is peryllous in the begin-
ninge of Arpes to take any heade
ache, oz any hurting in the heed, for
it were token of long Duryng, oz els
of Deth but it is not so perillous in
the

the ende of it, & this signe is moua-
ble Oriental, of masculyne kynde
than is good to worke all thinges
that is wrought with fier, and it is
good to take vyages towarde the
East, & is good to let bloude on the
arme, & to bathe the, & to sow sedes
and to make matrymonies, and to
begyn all good workes that haue
would sone ende, and is euyll to do
thinges which thou woldest thou
laste long, for as much as the Ram
is a beast y^e raungeth, & casteth bp
again y^e meate y^e he eateth tofore
Therfore thā ther shuld no mede-
cine: noz passion be taken inwarde
whyle the mone is i that signe, for
all naturall medecines, and passi-
ons receyued in that tyme menne
shoulde caste them bp agayne, and
so it falleth in al the Signes, that
ben raunging, as Aries, Taurus,
& Capricorne, & the laste partye of
Sagittarpe. In all these there
D. i. shuld

Shoulde no Passyons be giuen for
drede of castinge vp againe. For
this sygne arysleth out of the ory-
ent, & causeth þ time to bee hote &
drys. The man that is bozne vnder
þ signe of Aryes, by kinde of com-
plexyon is Coloryke, and shall
be wytty and wisely and disceiua-
ble, small of bones, yelow of colour
and kinde of hert. The Sonne en-
treth into the sygne of Aryes, the
xv. Kalen. of Marche, and dwelleth
there in vnto þ. xvi. kal. of Apryll.

And in thys moneth of Marche
is. iiii. peryllous dayes to take any
sicknes vpon, that is to say the. xv.
xvi. and the. xix.

Apryll hathe a Sygne of the
Bull, and is euyll for to take pur-
gacion. And also is euil to let blod.



He mone beyng in Tau-
rus, that is the signe of
the Bull, the whiche
sygne reygnethe in the
necke

necke and the throte, it is than
perillous to be ventused in þ necke
oz catche sicknes in the throte and
muche moze peryllous in the be-
ginninge than in þ ende, this sygne
is stedfast Meridional that is of
the Southe partie, he is colde and
dry erthly and of femynine kynde,
and Meloncoly of complexyon, it
is thē good to sow scdes, to plant
trees, & bynes for they shall redely
growe and it is good to bylde hou-
singe and to wed a wife, and euery
thyng to do that thou wouldeste
haue longe to endure and stably to
abyde. It is euill to begyn bataile
oz to fyght. For it causeth the time
to be colde and drye, and the winde
to haue hys course nygh the erthe,
and the skyes to flye abzode by
the earthe.

The man þ is borne vnder this
sygne, is by kynde of complexyon
Melancolye vnstable and vntrue

D.ii,

whyte

Whyt lyuered & setace of his purse
The sonne entreth in the sygne of
Taurus the .xv. kalend. of Apryl,
and dwelleth therein vnto .xvi. ka-
lender of Maye.

And in this moneth of Apryll is
ii. perillous dayes to take any ma-
ner of sicknes on, that is to say the
xvi. and the xxi.

May hath the Sygne of the
Twynnes & is indyfferent to take
purgacion. And is euyl to let blod.

When the Mone is in Ge-
mini, that is the sygne
of two Twynnes, or ii.
chyl dren of one byrthe
the whiche sygne reygneeth in the
Armes and the handes of a man.
Thys sygne is double bodied and
Occidentall, that is of the weste
partye, and is Sanguyne of com-
plexcion hote & moyst after y^e ayre
In that tyme beware of cuttyngs
in the Shoulders, armes, & handes
noz

noz in þ̄ time vpon no bayne in tho
places. It is good þ̄ time to treate
of frendeship, & whan the mone is
in the signe of Gemini beware of
letting of bloude for it is euyl & spe
cyally in the blumes for Gemi. go
uerneth thē & if one take the sicke
nes in a house & dye, all the other
be i great dañger to dye of þ̄ same.
The man that is bozne whyle the
mone is vnder the lordship of this
signe, he shal by way of kynde bee
veri wise, proue, & true, he shal haue
iii. wiues & he shal traualle migh
ty fast to purchase worships. The
sonne entreth in þ̄ sygne of Gemi
ni the. xv. kal. of May & dwellethe
ther in til the. xvi. kalen. of June.
And in the Moneth of May is. iiii.
daungerous dayes þ̄ is for to say
the. vii. the. xv. & the. xx. June hath
the sygne of the Creuys. And is
good for to take purgacion, and is
indifferent to let bloude.

D. iii.

Cancer



Cancer is a signe mouable colde, moyste, flumatyke, and watry, and hathe of mans body the brest and the stomake, the splenne, and the rybbes, whan the Mone is in this signe, it is good to begin a way by water, and is metely good to take medecines but be ware to wed any mayd whan the sygne is in Cancer. And if any man taketh sykenes in any time whil þe mone is in þe signe of Cancer, it is great fortune yf he die not. For it is peryllous both in þe beginning & in þe ende, this signe is septētryonal, that is of þe northe party. Also it is euell to build house, or to set trees or to begynne any thinge that shal laste longe.

The man that is borne whyle that the mone entreth in this signe he shal be femynyne of face, malācolious, faint herted and whyte of skinne, and he shal loue a woman
whiche

Whiche shal greue him, his desteny
shal be harde in his youth, but whē
he is past .xxx. yere, he shal haue a
maladie in the raines, & he escape
he shal lyue by kinde a .C. yere.

The sonne cntreth in the signe of
Cancer the .xv. kalen. of June and
dwelleth therein til the .xvi. kalen
of Iulye,

And in this moneth of June is
two daūgerous daies to take sick-
nes vpon, that is to saye, the foure
and the .vii.

Iuly hath the sygne of the Ly-
on, and is euyl to take purgacion,
and verye euyl to lette bloude.



Or Leo is a sygne
stedfaste Dryentall
hot, & drye Colozpke
nature of syer, & of
masculine kinde: &
hath of mang bodye
þ sydes & þ backe senowes, bones
& grystelles, beware while þ mon'

D.iiii.

reignete

reigneth there of bentosing, or cutting, or harme catching in the places for it is ful daungerous in the ende of Leo to take sycknes, more than in the beginninge, for than he may releue by good gouernaunce, and it is euill to gyue medecyn to the herte or stomake, and the baines to touche with yron.

A man that is borne whyle the mone entreth in the sygne of Leo, by kinde he shall be holden easy, he shall take a wyfe a hedy ströc woman, he shall be loued as the Lyon amonge beastes and he shall haue great power among stronge men. The sone entreth in this signe the xv. Calen. of Iuly, & dwelleth therein tyll the xvi. Kalen. of Auguste.

And in this moneth of Iulye is xi. daungerous dayes to take anye syckenes vpon, that is to saye, the xv. and the xx.

August hath the signe of a virgin
and

and is euell to take purgacion and
indifferent to let bloude.



Argo is a sygne double
bodved Meridyonall þ
is of the Southe partye
colde and dzye, Melan-
coly of complexcion nature of the
earth & of feminine kynde & hathe
of mans body the wommedzyfe &
guttres, the lyuer, gal & milte. But
chefely in the Limmes beneth the
Medzyfe, than beware of brea-
king oz cutting on the bely oz pre-
uy places with in forth. Also it is
perillous for a man to take anye
sicknes in the begining therof, but
not so peryllous in þ ende, but ra-
ther tokē of helth, it is not good to
wed a mayd for she will be barain
but it is good to wed a wydowe.

The man that is bozne vnder
this sygne, he shal be well loued,
and a man of great pyte and wise
& lyue much in ease, his name shal
be

be good amonge al maner of men,
he shal haue worshipec in hys age,
he shal haue a sygne in the heade.
The sonne entreth in the signe of
Virgo the.xv.kalen.of Auguste &
dwelleth therein vnto the.xvi.kalē.
of September.

And in this moneth of August
is.ii.peryllous dayes to take anye
sycknes on, that is to saye the.xix.
and the.xx.

Septembre hath the sygne of
the Balaunce, and is good to take
purgacion. And is verye good to
lette bloude.

Virgo is a sygne mouable
hote and moyste Sanguinari-
us, and hath the ouer parte of a man and
the nether ende of a woman, that
is to saye the nauyl, the raynes and
the low parties of y^e wombe, & the
thare, whan y^e mone is in Virgo, it
is good to let bloude, and is best to
make

make medecines for the navel, and
to do all thyng that thou woulde
haue brought to ende, & this sygne
is occidentall, Sanguyne of com-
plexion, and of masculyne kinde.
And is good to begynne that shall
longe laste. And knowe wel from
the degre of Lybra to the degre of
Scorpio it is euill to begynne di-
uers thinges, for the mone is that
time in the worste.

The manne that is borne vnder
this sygne, he shall be wel beloued
and good shall neuer fayle hym, he
shall haue a Signe in the necke, or
in the shoulder bone, he shall be in
great peryll tyl that he be. xxx. yere
olde and then shall he come to great
worshyp. The Sonne entreith in y
signe of Libra the. xv. kalender of
Septembre & dwelleth therein tyl
the. xvi. kalender of Octobre.

And in the moneth of Septem-
ber is. ii. peryllous dayes to take
any

any maner of sickenes on, that is
to saye the .vi. and the .vii.

October hath the signe of a Scor-
pion, and is good for to take pur-
gacions, and is indifferent to bee
let bloude

Scorpio is a signe of a ser-
pent colde & moyst fluma-
like nature of water Sep-
temtryonall that is of the Northe
party, and hath of a mans bodye
the priue membres and the bladder
& whan the mone is in this signe
it is good to giue medecines to y
membres of man and woman, and
to take laxatiues, and to make all
thinge y shall laste longe and it is
good to make a way by water.

The manne that is bozne vnder
this signe shal loue well the com-
pany of women, & haue other men-
nes heritages, he shalbe melanco-
lyous, his wordes shall turne wel,
in age he shalbe in trauayle, and in
the

the head he shal haue a token oz in
the face, he may lyue by kynde. xl.
yere. The sūne entreth in the signe
of Scorpio the. xv. kalen. of Octo-
ber, and dwelleth therein tyll the
xvi. kalen. of Nouembze.

And in y moneth of octobze is. i.
perillous day, y is to say y. vi. day.

Nouember hath the sygne of the
Archer and is good for to take pur-
gacion & also is good to let bloud.



Do you well wyt that
Sagitaris is a signe
of an Archer, and dou-
ble bodied hote and dry
nature of the syer and
Colozpke of Complexyon, and
of Masculyne kynde Wyentall
that is of the East party, and this
sygne regneth in the thyres, & lod-
Doges of a man, and beware of cut-
ting of two places, & than is good
to let bloud and to treate of peas &
to wed a wife and to make all me-
Decynges

Decynges that is made with fyre.

The man þ is bozne vnder thys
signe shal be hasty & bold to do foly
& he shal haue a signe in þ cheke oz
in þ Molders, he shall be bytten of
a dogge, he shal haue tribulacions
he shal haue sicknes in his epen, he
shal haue two wyues & the second
shal begyle him, and he shall waxe
sicke at .xl. winter, and he escape he
shall liue by way of kinde a. c. yere.
The sonne entreth into this sygne
of Sagittarius the .xv. kalend. of
Nouembze and dwellyth therein
tyl the .xvi. kalen of Decembze.

And in the moneth of Nouembze
is .ii. perrillous dayes, to take any
maner of sicknes on, that is to say
the .xv. and the .xix.

Decembze hath the signe of the
Goate, and is euyl to take purgas
cion, and is euil to let bloude.

Capzicoz

Capricornus is a sygne moua-
ble & vnstedfast of the Southe
party endely colde & drye, me-
lancely nature of the earthe and
of feminine kynde, and hath of
mannes body the knees whan the
mone is in this signe it is good to
make medecines to the knees, but
beware of cutting oz hurting ther-
of for drede of touchinge of the le-
noves and baynes for it is peryl-
lous while the mone reigneth ther
and greater peryll in the ende thā
in the begynnyng.

The manne that is bozne vnder
the sygne, shalbe wise sayre & hasty
and he shal haue a tokē in y^e hed oz
in y^e knee he shalbe melancoly, & he
shal liue by kynde a. C. yere as as-
tronomers saith. The sōne entreth
in y^e signe of capricornus y^e.xv. kalē
of December, & dwelleth therē tyl
y^e.xvi. kal, of y^e moneth of January
And in the moneth of December
is

is. vi. peryllous dayes to take sic-
kenes or any disease on, that is the
iii. vi. vii. ix. x. and. xvi

January hath the signe of a mā
shedding water and is good to take
purgacion indyfferent to let blode.



Aquarius is a signe sted-
faste Occydentall that
is of the west party hote
& moyste after the kynde
of the ayre, and sanguyne of com-
plexcyon, and hath of mannes
body the shankes vnto the ende of
the ancles, & whan the moone is
i that signe, it is good to let trees,
and buyld, and to wed, & is euyl to
take sicknes in al tymes while the
moone regueth there.

The manne that is bozne vnder
this sygne of Aquarius, shall bee
worshipped, he shall bee good and
true, and welbeloued, & haue often
head ache, he shall haue a fal from
ryches

riches, but he shall be happye in the
weste countrie, and he shall be in pe
ryll of water.

The sonne entreth in the sygne
of aquarius, the .xv. kalender of
January, and dwelleth therein tyll
the .xvi. kalen. of february.

And in the moneth of January
is .viii. perillous daies to take syck
nes, that is to say the fyrste, second
iiii. v. x. xv. xvii. and the .xix.

februarye hathe the sygne of
thre fyshes & is good for to take
purgacions, and is indyfferente to
lette bloude.

Rascall is a sygne comon-
double bodyed, Septemo-
ryonall colde, & moyste,
wattrye, flumatyke of
complexyon, and of femyntyne
kynde, and hath of mannes bodys
the fete, than is it perillous to lette
bloude, or open any vayne in that
place, and if a manne take sycknes

E. i.

in

in any tyme of that sygne, it is not
of right great peril but it is good
to go to councel to accorde and to
make al thyng that may go by wa-
ter and to make a thyng that shal
laste long .

The man þ is bozne vnder thys
sygne of Pisces, shalbe a greate le-
chour, & go fer a Pylgrymage, he
shal haue an euyl hurt in his head
in his youth he shal haue many ma-
ladies he shal fall in water & escape
well he may lyue by kinde a c. yere
& if he wil haue good he must dwel
in the North. The sone entreth in
this signe of Pisces þ. xv. kalen of
February, & dwelleth therin til the
xvi kalen. of þ moneth of Marche

And in the moneth of February
is iii. perpl lous dayes to take any
maner of sicknes on that is to saye
the. viii. the. x. and the. xvi.

Thus endeth the natures, and
Exposicions of þ. xii. Signes deu-
ded

ded by the .xii. monethes of the yere
vpon bloude lettyng, with the most
daungerous dayes for to do anye
thing towching Phelyke.

And hereafter foloweth the Re-
medies for many diuers Infyrmi-
tes and diseases that greueth and
hurteth the body of man.

For the head ache.

Cap. vii

TAke hemlockes & sethe
therm tyll they be softe
as pappe, thē lay them
to þ head there þ payne
is and let them lye all nyghte, and
on the moornyng lay another hote
plaister of the same & do so. ii. oz. iii
tymes and he shalbe hole.

For akinge of þ head. Ca. viii.

Take and make lye of Uerwayne
oz elles of Betayne, oz of worme-
wode, and therwith walsh thy hed

C. ii.

thryse

thyse in the weke, and it shall do
the good, and take away the ache.

For to spourge the heade. Ca. ix

Take the seede of Staupscree, &
bete it small to pouder, and whan
it is beten small, take a fynelynnen
clothe and put the powder therin,
and make thereof a lytell ball the
quantite of a greate hasell nut and
put it in thy mouthe, and roll to &
fro, betwyrte thy tethe chawynge,
holdinge downe thy head the space
of an houre, and it wyll spourge
thy heade and thy gumes, and kepe
thy tethe from aking.

Also for to spourge the heade. ca. x

Take y rote of pelater of spayne
and chewe it betwyrte thy tethe to
and fro a good whyle, and it wyll
spourge well thy head & also fasten
thy tethe, and spourge thy gumes.

For the tethe ache. Capitulo. xi.

Take Betany and wilde gozdes
and sethe them in wyne oz elles in
byne

byneger, & thā put it in thy mouth
as hote as thou mayste suffer, and
holde it a good while in thy mouth
and it wyll take awaye the payne.

¶ For the ache of a holowe tothe,

Capitulo. xii.

¶ Take assa fetida and put it in
thy tothe y^e is holowe, & it wyll ap-
pese, and take away the ache.

Also for the tothe ache. Ca. xiii.

Take Henbane and bruse it, and
holde it betwene thy tethe a good
whyle, & lay it also vpon the to the
that akerhe and it wyll swage the
payne anone.

Also for the tothe ache. Ca. xiiii.

Take the sede of Henbaine and
caste it vpon a chaffynge dythe of
charcole fire and holde thy mouth
ouer the fier that the smoke maye
entre into thy mouthe, & than hold
thy mouth ouer a basin of fayre cle
ne water, and thou shalte se vpon
the water as it were smal woormes

C. iii.

that

that shall come droppinge oute of
thy mouthe. Also take the seide of
Henbane & bete it to small pouder
and medle it with wax and make a
lytell pellet & it may be full of pom
der without forth, and put it in &
hole of the holow tothe that aketh
& it wil lightly slee & ache of & toth.

Also for the tothe ache. Ca. xv.
take the rote of Henbane and sethe
it in bynegar tyll & thyzde part be
seden away, & with the same wasch
thy mouthe, and holde thy mouthe
full a good whyle and it wil sle the
tothe ache. Also takel & rote of Hen
bane & holde it betwene thy aking
tethe, and it wyl do away & payne

For & stench in & mouth. Ca. xvi

Take the Ruse of Ueruayn, and
brose it & put it i thy mouth, & hold
it a good while close in thy mouth
and it wil take awaye the stench.

For a stinking breth. Ca. xvii.

Take, Oyle, Dozet. Turpen
tyne

tyne, Hony, Oyle Olyue, Virgyn-
ware, as much of one as of another
and boyle them al together, & make
an opntment therof, & vse it euery
daye in the patientes nose thrylles
and let it be put into the nose euery
daye in the moznynge with. ii. ten-
tes made of linte scraped of fyne ly
nen cloth, and he shal be hole.

E For ache and wormes in the
eares. Capitulo. xviij.

Take the ioyse of Henbane and
put it in to thine eares & it wil take
away þ ach & sle þ wormes in the.
A precius water for poyso, & speci-
ally againste þ pestylence. Ca. xix.

Take turmentyl, scabyous, gol-
des, betayne, and pympernell, of
eueryche a lyke much and dystyll
therof a water, & dzynke it fasting
euery day in the moznynge, fyrste
nexte youre herte for it shal do you
muche good.

For connyng eyen. Capit. xx.

E. iiii.

Take

Take blacke snaples and seth
them in sayze water than take the
grece that is on the water, & ther-
with anoynt thy eyen that be wa-
tery and ronnethe.

Foz reed blered eyen. **Ca. xxi**

Take the ioyce of Rue, & pouder
of Commin, medle them togyther
thē take coten & dype it wel theri &
lay it therto, & anoynt the tēples, &
the browes, & the liddes of the eien
therwith, and they shal be hole.

Foz eyen that benne dasuned, oz
dyzke. **Capit. xxi**

Take þ rote of reed fenel in win-
ter and in somer the leuys, oz elles
bothe rotes and leuys, and stampe
them & wzinge out the ioyce & tem-
per þ ioyce w fine clarified honye &
make therof an ointmēt & anoynte
the eyē therwith & it shal put awai
þ derkenes, & it shal clere the sight

A pzeccious water foz the sighte
of the eyen. **Capit. xxiii.**

Take

Take smalage, reed fenell, rue,
beruayn, betayne, egrimonie, pum-
pernell, enfrage, sauge, salēdyne,
of eueryche alyke muche of quan-
tyte, & washe them well and clene
& stampe them & put them into a
fayre brasen pan, & take y powder
of xv. pepercornes faire sarcid ito a
pynte of good white wyne and put
it bnto y herbes, with.iii. spones ful
of lyue hony, and.v. sponesfull of y
water of a manchylde that is an
Innocent, and medle them al toge-
ther and boyle them ouer the fyre,
& whā it is sodō strayne it thzough
a clene linnen clothe, and put it in a
glasse and stoppe it well and close,
tyll you wyll occupy it, and whan
nede is do thereof into the soze yen
with a fether, & yf it be waren dnye
temper it w good whyte wyne, for
it is very good for y sight of Euen.

For a pynne and the webbe in,
the eyes, Capitulo. xxiui.

Take

Take a curtesy of cleane clarys-
fied honye, as muche of womans
mylke þ̄ nozysmeth a mayde childe
and for the woman the man chyld
and sethe them togyther, and whā
it is colde put it in a glasse, & close
it from the ayze, and thus do.ii.oz
iii. Dayes.ii. oz thze tymes euerye
Daye, and he shall be hole.

For all euyls in þ̄ eyen. Ca.xrb.

Take clene claryfied hony one
parte, and moze thā of halfe þ̄ hony
and of the gall of an Hare, medle
them togyther in a vessell ouer the
fyre, but make it but luke warme,
and kepe it in a glasse, but beware
that thou take not to much therof
in thine eyen, for the quantite of a
small pynnes heade is ynoughe at
ones when thou goest to bed, and
þ̄ is suffieient for.vii.yeres if a mā
haue a Perle oz a webbe in his eien
& be it not drye, but put therto som-
dele moze of þ̄ gal than of the hony
for

For boylynge in the eyen. Ca. xxvi

Take May butter and powder of comyn, and stampe the together & lay it on a linnen cloth to the eyen and oftentimes renewe it, and whā þ boyling is swaged take saffron & womā's milke & gride the together and drope therof in the sore eyen and than thou shalt be hole.

For a stynkinge bzethe. Ca. xxvii.

Take .ii. handfull of pouder of comyn, and sethe it in good whyte wyne from a quartte tyll a pynte & dzynte this firste & laste alwayes hote, and he shall be hole within. ix. dayes dzyntyng.

For the stomake that is hote and swollen. Capit. xxviii.

For the stomake that is hote and swollen, take the rote of Smalage & stampe it, & put it in swete wyne or in other good wyne al a day and a nyght, and then lette it be passed throughe a sayze linē cloth & put it
in a

in a cleane beſſell, & uſe to drynke a
curteſy therof euery day faſtynge,
viii. oz. ix. dayes & he ſhall be hole,
For the ſtomake that aketh, & com-
meth of colde. Capi. xxix.

For the ſtomake & aketh, & com-
meth of colde, take an herbe & is cal-
led Poleo & drye benes, an handful
of ſyngryg, & as much of this poleo
& put it in a beſſell with faire water
and let it ſethe there on the fier tyl
the thirde parte of & water be ſodē
away & put therto ſuger of ſtone &
a curteſy of honye, & drynke it. vi.
dayes faſtinge, and he ſhall be hole.

For to force & ſtomake. Ca. xxx.

To force the ſtomake take ca-
nell. iii. poys, and one poys of
mayſtyke, and one poys of the pa-
rynges of Pomegarnades, and
halfe a poys of galyngale, & ſtam-
pe all theſe together, and temper
it with hony that hath bene boy-
led of the fyre, and well ſcommed,
and

and ble of this as muchē as a nute
euery day durig. x. dayes fastynge
and he shal be hole.

For the stomake, and the bely þ
aketh. Capitulo. xxxi.

For the stomake and the bely þ
aketh, take the floure of an herbe
that is called Remaham, that is
lyke to Minte and it hathe a good
sauoure, take. iiii. poyss of Colmer
and vii. poyss of water, and sethe
all together to the. iii. part, & with
Suger drynke this. v. dayes fa-
stinge in the moynynge, and he shal
be hole.

And if a man be sycke at the sto-
make or in the bely, or at the herte
or hed, or were bytē with any euyl
venemous beaste, or poysoned.

Capitulo.

xxxii.

And a man were by þ way tra-
uaylynge or in his house, & he had
all these sickenesse and he had with
him a Alectuary that is made of v.
thinges

thynges, he eate thereof or drynke thereof in water. iiii. poyg, or. iiii. he should be hole, & he vse it. xv. dayes fastinge, & whan he goeth to bedde laste, he should be hole of all the sikkenes in hys bodye, and he drynke euery tyme, ii. poyg, & these thinges they bee. Scorlogio, More, Gen- riana grandorer, and zataont as muche of one as of another, & stampe them and strayne them, & medle them with hony that hath be well boyled on the fyre & scūmed fayer and clene, for this is called the lectuarie of lyfe.

A good medecyne for risynge vnder the stomake. Capitulo. xxxiii

Take peper, longe peper, grapes saffron, gynger, annyes, lycor- ryg, & suger, sethe all these in good ale tyll it be thicke, and gyue it the sicke to drinke, and he shal be hole. Also a good playster for rysing vnder the stomake. Capitulo. xxxiiii.

take

Take perowe otherwise called
mylsolpe, reed fenel, reed myntes,
bozage, rue, fetherfoye, clote leues,
perytoz, Egrimonpe, of euerych a
lyke muche and the grece of a ba-
rowe hogge for a man, & for a wo-
man of a yelke hogge, that is of a
sowe kynde, and sethe them all to-
gether i good ale and make a play-
ster therof and lai it to the stomake
as hote as it maye be sufferd. ii. oz.
iii. tymes, and he shalbe hole.

For to distroy the hete in the sto-
make

Capitulo. xxxv,

Take faire clere water & boyle
it well & scume it and put therein
Heuers of bzoume bzede, & let the
lye therein an houre till y water be
almoste colde, & then drinke therof
ii. oz iii. dayes by dyuers tymes, &
he shall amend in shozte time.

For brening in y stomake. ca. xxxvi

Take and eate grene percelpe &
galpugale wout any other thynge
for

Foz to auoyde flume out of thy
stomake, & the head. Capi xxxvii.

Take powder of Belatoz of spai
ne and powder of commin, powder
of longe Peper, powder of gynger
mustarde, byneger, and medle the
together and chafe the on the fyer
til they waxe thicke, & than as hote
as ye may suffer put part therof in
your mouch galking in your throt
bp and downe, but let none enter
to youre stomacke, and do this dy
uers tymes, spyttynge out by the
space of an houre and this is a gar
garyne.

Foz al euils i þ stomake. ca. xxxviii.

Take asche sede, lynne sede, & co
min of euery a lyke mouch & giue
it to þ sycke body to drynke w hote
worste, or els with fayer hot water

Foz a dysease at þ hert. Ca. xxxix

Take Sentuary and sethe it in
stale ale and whan it is well so
don stampe it in a mortar and seth
it

it againe with the same licour and
than cleane it through a cloth, and
porpocion the ioyce, put therto. iiii.
sponesful of clarified hony, a boyle
it well together againe, and put it
in a boxe and geue it to the pacyēt
euery day a thre sponesful fastinge
tyll he be hole, and this shal do a-
way the glut frome his herte, and
make him to talent to mete.:

For wekenes of the hert, Ca. xl.
Take rose water, a Berles, bete n
finall to powder, and medle it with
suger, and drinke it. ii. oz. iiii. dayes.

For faintnes of the hert. Ca. xli.
Take the fyllinge of golde, and
the poudre of the bone of a hertes
herte, medled with the ioyce of bo-
rage and suger made in sirope, for
that is very good for swoonynge.

For the breste that is incōbred.
Capitulo. xlii.

Take ysope and sethe it to a po-
tyll of wyne tyll that it come to a
f. i. quarte,

quart, & let þe sicke vse therof first
in the morninge, & last at euē hote,
and at morowe cold, tyl he be hole.
For a man, womā, or childe that is
broken in the bely. Capit. liii.

Take in Maye the tender crop-
pes of herbe Osmonde, and drye
them with the wynde & not in the
sōne, and make pouder therof and
sarse it and kepe it drye in a blad-
der and let the pacyente drynke of
that, pouder with white wyne euē
and morowe winter & somer, saue
in Maye. In Maye drynke of the
tendryng of the sayed Osmonde.

For this drynke wil make the bro-
ken bely grene, as it were new bro-
ken, and the paciente muste be well
and easelye trussed: that he or she
maye goo with it all daye, and lye
with it al nyghte tyl he be hole, and
that wyl be within .xliii. dayes yf
he be wel ruled, for he must lye by
ryght as muche as he maye bothe
daye

day and nyg ht and not strayne his
bely but as lytle as he can. And he
muste kepe him lax as longe as he
is sycke, and lye in hys bedde.ii.
houres in þe mornynge after he hath
dronke thys medecine, & muste eate
no whyte meate tyl he be hole, nor
walke but easely for strayning.

The plaister to knytte him.ca.xliiii.

Take Polypody that groweth
on an oke, & rote it therof and pare
them clene and the rotes of Elenaz
campana, and pare them clene, and
than bere the in a mortar, as smale
as thou canste, and temper it with
oyle of bay, and make it a playster
thyeke, and lay it on a thyeke cloth
a good quantite, and lay it there þe
sicke is greued vnder the trusse, fro
the euen tyl the morowe, & on the
morowe chaunge it agayne, thys
is for all the yere saue in Maye,
than the leues be better.

For the playster in maye. Cap.xlv.

f.ii.

Take

Take Polypone leues, and the
leues of Elenacampana, & dayfre
leues, and bete them smal, and tem
per them with oyle of bay as thou
semeſte beſt to make a playſter, &
lay it there ſore is, euen and mo
rowe, and he ſhall by the grace of
God be hole.

For to breake wynde in the bely.
Capitulo. xlvi.

Take cōmin, fenel ſede & annes
ſede beten to pouder thē ſethe it in
wine and drinke it firſte and laſte,

For a ſwolen wombe. cap. xlvii.

Take the ioyce of Rewe, and let
the pacient drinke it with wine or
ale, & he ſhalbe hole on warantise.

For a kinge of the roſbe. Ca. xlviii.

Take taſy rue, ſothernewode and
eate thē with ſalt, & he ſhalbe hole.

For the heart brenninge. Cap. xlix.

Take the croſſe of fenel and
chewe it in thy mouthe, and ſucke
the ioyce therof, and ſpette out the

other

other parte, and he shalbe hole.

For sore sydes within forth.

Capitulo.

.i.

Take alyсандers, perslye, louage, redde fenel, Smalage, burnet, and gromell, & sethe them in white wyne, tyll halfe be consumed than strayne it and let the sycke drynke it fyrste and laste, at euen hore, and moztome colde.

Contra telam et masculam in oculo.

Capit. .ii.

Take fenell, vnset goldes, Uerwayne, and betayne, Alu, and stape them and temper them with ale or whyte wyne, and strayne it, and the stampe .ix. lobopes, otherwise called Cheslockes, and put them into the sayed lycoure, and gyue it to the pacyente to drynke .ix. dayes folowynge, and he shalbe hole.

For a womans pappe that is sore.

Capitulo.

.lii.

Take the rote of bylane, that is

f. .lii.

to

to save, wyldc Apple, and make
bare al the ouer parte of the sayed
roote, that is to save, the coppe of
the roote, and make an hole therin,
and couer it with a tyle stone, and
put it in the earthe, and lay earthe
vpon it, and let it stande so. liii. oz.
v. dayes, than open it and take the
ioyce that ye fynde in the hole and
kepe it i a glasse, & therewith anoint
the breste and it shalbe hole.

For the liuer that is corupt and
wasted. Ca. liii

Take a good quantyte of leuer
worste, and bruse it allile, and then
sethe it in good stronge wort with
a quantite of Rubarbe & vse thys
mebecine and thou shalte be hole.

For hete in the lyuer Ca. liiii.

Take the ioyce of foure Apples,
and swete aple of eche a poude oz
more as muche as you thinke best
and .ii. pounce of suger, and medle
these thynges together, and let the
boyle

boyle on a symple fyre, tyll it be
thyecke as syrope, & vse thys a cur-
tesy therof euery day fasting with
luke warme water.

For the hete in the lyuer of a man
that his coloure is yelow. Ca. lb.

Take the water of Sycore, and
water of Letues, and water of the
leues & smal braunches of a wyld
Moxer tre, or els take the herbes
and stampe all these togyther, and
as much of one as of another and
take the ioyce of these thynges,
and as muche as al thys of suger,
and boyle al togyther tyl it be as
thyecke as a syrope, and than put
thereto a poyle and a halfe of Ru-
barbe and vse a quantyte of thys
sirope and cold water euery day fa-
sting & at nyghte, & he shal be hole.
For the breste that is encombrede.
Capitulo. .lvi.

Take and drynke .viij. dayes
of the fumer that cometh of
f. liii. sylke

syke woymes every day a poise in
syrope of yslope, and yf a man may
not haue this dryuke, take þe pure
berte Douignā also in syrope of
Yslope x. dayes and he shalbe hole.

For a man that hath woymes in
his bely, & his body be lene. ca. lviij.

Take the gall of a hower, and
floure of luprus & curtesye and
medle them together, and make a
playster of wole, and lay it on hys
bely where the grese is, & do thys
iij. or v. dayes, and he shalbe hole.

For the breste & þe lūges. Ca. lviij.

Take a quantyte of claryfyed
hony & boyle it, & whā it is boyled
put therto half a pouūd of pere war
dyns mynsed, and boyle them wel
together, and than put therto an
ounce of powder, made of the rotes
of Elena campana, and a ounce of
powder of lycozes & let the boyle
tyll it be somewhat styffe, than take
it fro the fyre, and whā it is nigh
colde

cold put therto an ounce of powder
of gynger, & styre it wel together
vse thys fyrste and laste.

For to auoyde and destroy flume
Capitulo. lix.

Take persly rotes, fenel rotes
peritory, and Isope, and sethe the
in good ale with licores, & a quan-
tite of clarified honnye, and vse to
drynke it, and thou shalt be hole.

For the stone. Capitu. lx.

Take the rotes of Thornebacke
and drye them fayre, & make pou-
der therof, & than take therof. ii. d.
weyghte, and put therto two spon
full of water of Ramsins, & drinke
it euery day and euery nyght, and
than thou shalt be hole. And yf it
be a greate stone take a sponeful of
water, of stone croppe. ii. sponeful
of water of Ramsyns, and. ii. peny
weyght of the forsaide powder med-
led together and vse thys medecin
thre tymes, and thou shalt be hol-
pen

pen be the stone neuer so great.

Also for the stone. Capitulo. lxi.

Take the blode of a male kyd,
and drye it in an ouen and make
powder of it, thā take gromel sede
grounde Iue beryes, stanmarche,
sede þ rote oz þ sede of Saxfrage
rotes of Turmentyl, and of phillys
pendula by euen porcion, and bet
it al to smale pouder, than take as
muche of the pouder of kyddes
blod as of the sedes & rotes aboue
sayed, and vse thys pouder whan
nede is i sauce oz in potage, a peny
weyght at ones and no more.

For the colicke, strangury, and
the stone. Capit. lxi.

Take Careawaye, fenell sede,
spikenarde, annes, commin, Cyna-
mun, and galingale, of eueryche
halfe an ounce, gromell sede, & ly-
cores, of eueryche of them an vnce
seth weyght of al thē, and bete thē
al to pouder, and put halfe a sponne
full

full of the same powder in ale luke
warine and drynke it, and walke
therafter an houre, or thou eate or
drynke any maner of thyng.

For a man that is lepper, and it
take in his legges and go bpward
Capitulo. lxiit.

For a man that is a lepper, and it
take first in his legges and go bp
warde into hys bodye he maye be
sone hole, and yf he wyll take Cha-
robot, that is to saye, a Bettyl and
brene it to asches, and bete it al to
pouder smale, and than take olde
barowes grece and melte it well
on the fier, and temper it together
and as much as half that of Blan-
chet, and make an ointment therof
and vse it on the soze and vpon the
oyntment, loke that ye put a plate
of lede ful of smale holes in many
places, and chaunge it bothe in the
mornyng and at nyght the oyn-
ment, but not the lede, and he shall
be

be sone hole of that sickenes.
For a dertie in a mans fleshe.

Capitulo.

lxiii

Take a worine that is called
pleacher, & is as great as a bene:
and is clene blew or sendre, and it
hathe many smale fete and whyte
bnder the bely. And whā a mā tou
cheth it he wareth roūde, as a butt
ton, take the worine and rubbe it
wel agaynste the dertre, that it be
all broken, & do this euery daye iiii.
or .iiii. tymes, and at euerye tyme
rubbe .iii. or .iiii. wormes & anone
it shalbe hole.

For sauce flume bisage. Cap. lxx.

Take Elenacampana and serbe
it in a pottle with byneger tyl it be
soden in, than stampe it smale, and
than put thereto quyckesiluer, and
brimstone & giltes grece, & braye it
together & make therof a playster,
& lay it to thy bisage all nyght and
on the morowe washe it ofte.

For

For hym that may not holde his
water. Capitu. lxxvi.

Take gotes talowe and bren it,
and make thereof pouder, and put
it into the pacyentes potage, and
let hym vse this, and he shall pisse
measurably ynoughe.

Another for the same. Ca. lxxvii.

Take Synthone and thepes ta-
lowe, and sethe them wel together
and as hote as it maye be suffred
lay it to the membre, and he shall
make water anone.

For to destroy flume. Cap. lxxviii.

Take betayne and drye it, and
make therof pouder, & kepe it tyll
thou haue nede, and whan thou
wilt occupy therof take a quantite
of hony and of the pouder, & make
therof. ii. oz. iii. pellettes, and swa-
lowe them downe al hole last whē
thou goest to bed, and that shal do
he muche good.

For a wōbe þ̄ is harde. Ca. lxxix.

Drynke

Drinke the ioyce of weybre
wich olde wine, and he shalbe hol

Also another for the same, take
Cinkefoyle, that is to saye, fyue
ued grasse, and stape it & drinke
with hote milke, & he shalbe eased
for the bloody manyson. Cap. lxx

Take milfoyle, and Plantayne
of eueryche a lyke muche, stamp
them wel together, and kepe in
and whan thou wilt take there
and temper it with wyne, & let the
paciente drinke it, & he shalbe hol

For a mannes stones that be
swollen. Cap. lxxi

Take an herbe that is called Ma
relee in frenche, and frye it w
in oyle olyfe, & laye it to the stone
that is swolē, as hote as it may be
suffred. .iiii. dayes or more & need
be, for this wyl hele the swelling
for to make one slender. Cap. lxxii

Take and sethe feuel in water
and drinke the water lase at eny

and

and fyfte at morowe, and it shal
swage hym or her shortly.

For hym that lacketh wynde
Capitu. lxxiii.

Take Malowes, Mercurye, and
bozage, and sethe them togyther,
with a pece of porke & make therof
potage and eat it, and drynke the
bozthe with whyte wine, or wyth
whey that is made of mylke.

For him that is colic. Cap. lxxiiii.

Take the ioyce of walmorte, and
medle it with hony, and gyue it the
paciente to drinke.

For a wycked blaste and wynde
in the visage. Capitulo. lxxv.

Take a henne Egge, and roste
it hard, than take the white therof
and an ounce of coperas, and bete
it togyther smale in a brasē mortar.
If it be lyke an oymmente, & ther
with anoynte thy face & is blasted
and whan it is hole, than anoint it
with Populion, & that wyl souple
the

the skynne, and make it hole.

For the Shynyles. Ca. lxxvi.

Take Doves donge and Barlye meale, a stampe the togyther, and temper them with aysell and laye it therto

For the kowghe. Ca. lxxvii.

Take Nettles, and gather them between saynct Mary dayes in harvest, of them that beareth seede, and dry them in the sonne, and rubbet out the seede and grinde it, a drinke it with ale, and thou shalt be hole.

For him that hath the peryllous kowghe. Capitu. lxxviii.

Take Sage, rewe, commun, and powder of peper, and sethe them in hony, and make therof a Lectuary and vse thereof a sponfull at even, and another in the mornynge.

The conge that is called the Chinke coughe. Capitulo. lxxix.

Take the rotes of Horthele, and Camfire, as much of one as of another

nother and stampe them small in a
morter and sethe them in faire wa-
ter, tyl the halfe be wasted, and thā
take the thirde parte of hony boy-
led and scummed, and put them to-
gether, & make therof a Lectuary,
and do it in a box, and let the sycke
use therof. v. dayes or. vi. a good
quantite at ones, fyrste and laste,
and he shal be hole.

For the Itche. Capitulo. lxxx.

Take frankensence, and braye it
small, & medle it with oyle of baye,
and thā anoint there as it icheth at

For to drawe a hyle from one
place to another. Capitulo. lxxxi.

Take an herbe that is called.
Oculus Christi : & veruayne and
make a playster of it, & lay it frō the
hyle .ii. fynghers brode, and whan it
hathe lyen a good whyle remeue it
and do so styll, tyl it be there that
thou wolde haue it, and there lette
it breke.

G. i.

For

For them that pyteth blode.

Capitulo. lxxxi.

Take percel, ambrose, and bur-
sa pastoris, of eueryche a lyke mych
and stampe them, and temper them
with a quarte of gotes mylke and
strayne it, and let him drynke it. iiii.
dayes at euen and at morowe, and
this wyll staunche him shortly.

For a man that hath loste his
mynde.

capitulo. lxxxii.

Take poyce of golde of sauge
and of wormewood, of eueryche of
the a sponesfull, and take as muche
of whyte wine, and put therto, and
let hym drynke it at euen, and as
much at morowe colde, and serue
him thus. v. dayes duryng, and
he shalbe hole.

Another for the same. ca. lxxxiii.

Take and chaue of the heer of his
molde of his head, than take Ar-
chaungel and stampe it, and bynde
it to his head, where it is chaue,
and

and let hym take a slepe therewith,
and whan he waketh he shall be
ryghte weke, & sober ynoughe. Ac.

For hym that hath the frenesye
Capitulo. lxxv.

Take oyle of roses, oyle of vyor-
lettes and of eueryche of them .xx.
poyes, and as much of water of Co-
corde, and put it in a newe vessel of
erthe, and boyle it tyl all the water
be fayled, thā put out that and put
in other in the same vessel as muche
of that water, & boyle it thus .vii.
tymes, and than put thereto halfe
of the .iiii. parte of a poyes of Cam-
fere & medle it well together, & vse
it on his head whā it is newe thane.

For a persone that bomeseth
to muche. Capitulo. lxxvi.

Take Roses and boyle thē well
in good stōge vyneger, and make
a playesser therof and laye it to the
persones stomacke.

For a man that hath a dyscase

G.ii.

in

in his eares. Capitulo. lxxxviii.

Take fayre oyle olyfe, and let it be blowē out of a mānes mouthe & is cleene & fastynge in to the eares of the sycke man, & let this be done iii. or. iiii. tymes, and let that syde of the head be turned downeward & the ordure of the head may ronne out, and vse this. viii. or. x. dayes, and he shall amende.

For a man that his eares sownes within. Capitulo. lxxxviii.

Take almondes, and the carniels of Beches, and let thē be cleene pylled i hote water, and make oyle of them, and let that oyle be put in to the eares of the sycke body with tentes made of fyne linnen clothe, and vse this viii. or. x. dayes, and he shall be hole.

For synewes that shrinke after that they haue ben hurt and healed. Capitulo. lxxxix.

Take ensence, calasome, mastyr
he,

ke, hantyt, turpentyne, galbenon,
bylque, the mary of an asse, thepeg
suet, olde swynes grece, and butter
and of euryche of them halfe an,
ounce, than take an sunce and an
halfe, of ware, and an ounce of oyle
olyfe, and stampe them and boyle
all these thinges together, & make
it in maner of an oyntmente harde
to make playsters, and than make
therof a playster and laye it on the
hurte, senowes, and let thys lye.
xb. dayes or moze, and they shall
stretche out.

For to staunche blod. Ca. lxxx.

Take an herbe þis called, Lune.
mahaf and stampe it, and laye it on
the wounde, or take the grene leues
therof, and lay on the wounde, and
it shall staunche, and yf a man maye
nat haue this herbe, let him brenne
the fethers of a cockes necke, and
take the ashes of them and laye on
the wounde, and þe blode shall sone

G.iii.

be

be staunched.

Also to staunche blode. **Ca. lxxxvi**

Take a peece of salte befe that is well salted, or elles a peece of salte befe that hangeth in y^e rose, & couer it in hote embres tyll it be throughe hote, & take as muche as wyll stoppe the hole, & bynde it faste to, as hote as the pacient may suffer it, and it shal staunche a none but let y^e befe be fat and leane together.

For an empostume. **Cap. lxxxvii**

Take barbe & dnye benes, and licores, and let boyle the with fayre water altogether, of eueryche a like muche, and drynke therof with suger every day fastynge, & at nyghte when he goeth to bed, and vse thys vi. dayes or more, and he shal caste out that postume.

For spetrynge of blode. **Ca. lxxxviii**

Take ache, myntes, rue, and betayne and sethe them well in good mylke & geue it him to drynke fyrste.

in the mornynge, & lasse at nyghte,
and he shalbe hole.

For wyld fyre that is called fyre
of hell. Capitulo. lxxxiii.

Take reed wormes of the erthe
and the rote of baleryan, and stape
them together and laye it therto, &
take baleryan the rote and 5 leues
and stampe it, and temper it wyth
water and geue him to drynke and
he shal be hole.

For bytyng of a madde dogge,
Capitulo. lxxxv.

Take the sede of bore and stampe
it and temper it with hollye water,
and geue it him to drynke. &c.

For to do away a wenne. ca. lxxxvi.

Take and binde faste the wenne,
than take verdigrece, sulphur, sope,
oyle of egges, alaim and hony, and
temper them together, and laye it
therto & it shal do away the wenne
and heale it without doubte.

For to breake a felo in the night.

G.iii. Capitulo.

Capitulo. lxxxviii.

Take powder made of Cantarydes, and tēper it with clene shepes talowe, and make a plaister therof and lay it therto and it shal breake for the migrym. Ca. lxxxviii.

Take. iiii. handfull of reed Rose flourres fresche in somer, & in wynter welked, and. iiii. handefull of camamel, and as muche of beruayne & breke them smal with thy handes and boyle thē in a pottell of whyte wyne of gascoine yf it may be hade, or els in rochell wyne tyll it come to a quarte, & put thē in. iiii. bagges broched flate lyke a playster, and lay there the ache is, as hote as the sycke may suffer, and chaunge them hote and hote duryng a daye and a nyght, and longer yf nede be.

For the morsewe. Capi. lxxxix.

Take water of elder and drynke it. iiii. sponfull in the mornynge. ii. or. iiii. tymes, and whan ye receiue it walke

Walke after and catche a good hete
And thā take a pinte of white byne
ger and .ix. oke aples, and cut them
and lay thē .iiii. dayes & .iiii. nyghtes
in the same bineger, and after take
a fayer linnen clothe & put the aples
in the same clothe, and strayne thē,
and with the licour therof anoynte
thy body .iiii. dayes, and it wyll do
awaye the moze we.

For to slope the fyre. Capit. C.

Take an onyon and roste it tyll
it be tender than bruse it and lappe
it in a linnen clothe, and put it be-
twyxe the clyfte of the buttockes
euen ioyninge to the fundamente,
and set hym downe thereon, as hote
as he may suffre a longe tyme, and
take another onyō and plucke out
the coze, & fyll the hole ful of fran-
kensence, and Englyshe saffron, &
take the couerynge of the onyon &
couer the hole and put it in the em-
berg, and let it boyle tyll it be some

G.b. What

whattender, than put a waye the
conerunge, and laye the onyon as
hote as it maye be suffred vpon his
nauill hole, and bynde it faste that
it fall not away, and he shal be hole.

For the Canker, wyld fyre, and
ignis sancti Anthoni. Capitu. C.i.

Take and rolle Soze in a were
lynnen clothe, the space of halfe an
houre vnder the hote embers, and
than stampe it with fyne claryfied
hony and laye that to the soze, and
without doubte, it wyll do awaye
brennyng blackenes, and synke, &
hele it parfytely.

For to make heere to grow.

Capitulo. C.ii.

Take and sethe malowes, rotes
and al & walsh the place ther as the
heere lacketh, and it shal growe &c.

For to do awaye heer. Ca. ciij.

Take horseleches & brenne them
to powder, & mynge it with eytell,
and towch the place there the heer
groweth

groweth, & it shall growe no more
there. ac.

For a scalde head. ca. C. iiii.

Take a penyworth of lampe oyle
and halfe a pynte of fayer water;
and boyle it well together, and
whā it is colde put therto an halfe
penyworth of quicke syluer, & tēper
it wel together, and anoint the hed.

For the yeloww Jaundes. ca. cv

Take a quantite of rurneryke
and asmuche of yuerye beaten to
powder & asmuche of y inner barke
of a berbery tree, and a quantyte of
Englyshe saffron in powder, and
medle them al together, & drynke it
with thre or four dayes fastinge.

For the blacke Jaundes. ca. C. vi

Take genciana, longe peper, cala-
mus, aromatycus, auencis, lycoriz
resyns of coraunce, whyte sope of
spayne, of eueryche. iiii. i. and. ii. spo-
nesful of mustarde, boyle all these in
a quarte of wyne til the. iiii. parte be
wasted

wasted and let the pacient drynke it
for wormes & hete in þ handes,
Capitulo. C.bii.

Take Chyke wede and bruse it a
lytell, & thā seth it in rommyng water
till þ water be wasted halfe a-
way thā take & washe þ soze hādes
therin, as hote as þ paciēt may suf-
fer it, & do thus. iiii. oz. iiii. dayes,
and he shalbe hole.

For the gowte. Capi .c.biii.

Take reed myntis and cressongs
& vnset lekes, and let these herbes
sethe well together & washe there
as þ syckenes is euery day. ii. times
a day, & yf he can not haue these her-
bes, let the sycke bodye be washed
with hote water, and anoynte hym
before the fyre oz in the sonne with
this oyntment, and rubbe hym wel
therwith. Take byrgyn wax, tur-
pentyne, saffron, the yolke of an
egge, oyle olyfe, oyle of almandes,
maye butter, oyle of nuttes, oyle do
ret

ret, the grece of a male hogge, oyle
of camamell, and shepe suet, with
good claryfied honny, & let all these
be medled together, & boyled fayer
and easely by the fyer.

For soze knees that dothe swell
and ake.

Take rue, louage, and stampe
thē together, and put therto honny
and make therof a playster and lare
it to þ soze knees and that shall fet
awaye the swellynge and the ache.

For the fallynge euyl Ca. C.x.

Take the blode of his lytell fin-
ger that is sycke, & wyte these .iii.
verses folowynge, and hange them
aboute his necke.

Jasper fert Mirram, thus Melchi-
or, Balthazararum.

Hec quicumque secum portat, tria
nomina regum.

Soluitur a morbo, domini pietate
Caduco.

For bynnyng and scaldynge.
Capitulo.

Capitulo.

C.xi.

Take fresche gese donge, and frye it with fresche butter & shpes suet, and strayne it throughe a cloth and laye it on the soze, and it wyll heale it anone.

For brennyng w fyer. Ca.C.xii.

Take the rynde of an elyne tree, and serh it halfe a day in fayer water, and let it kele, and gather of the thicke that thou fyndeste vpon the water with a fether, and euerye daye anoynte with the fether euen and morowe.

For to heale hurtes and woūdes.

Capitulo.

C.xiii.

Take malowes and serhe them well, and whan they be well soden, take and stampe them, and than take olde barowes grece, and clene barlye mele, and mynge the ioyce, the incle and the grece all together and make a salve therof, for it is a redy heler.

Also to make a salve to drawe
and to heale. Capitulo. c. xiiij.

Take a quartron of a pounce of
byrgyne wax, and .ii. ounces of shepe
suet, and melte them together a ly-
tel and than take them from the fier
and put therto an ounce of franken-
sence and stere it well together and
do it in a box, and thys wyll bothe
drawe and heale.

For styngynge of Edders and
snakes. Capitulo. cxv.

Take dragons and drynke it,
also stampe dragones, and lay it to
the place there the styngynge is, &
that shall sucke oute the venym and
eace the smartynge.

For hym that can not slepe.

Capitulo. Cxvi.

Take pety morel and stampe it
and wrynge out the ioyce, thā take
iiii. sponesfull of the ioyce and .iiii.
sponesfull of womans mylke, and a
sponesfull of bynegre and hete it, &
therewith

therwith anoynte hys temples and
his forehead, & as it dryeth anoynte
it againe, and than were a clothe
therin, and laye it vpon hys forehead
and vse this often tymes and thys
shall make him slepe.

For the palsey, Capit. c. xviij.

Take the galle of an oxe, oz. of
a bulle of one coloure, if it maye be
gotten, and .iij. oz. .iiii. red onyons
and roste them tyll they be tender,
and thā stampe them wel in a boule
dryshe, and mynge the gal and the
together, and loke there be .iiii. ty-
mes as muche of the gal as the ony-
ons, and therwith anoynte well the
place þ is greued tyll it be dryke in
and than take a softe shete newe
washe & warme it agayne þ fyer, &
wzappe the syke body therin, & this
must be bsed at nyght to bedwarde
and within .ix. nyghtes it wyll a-
mende and make the fleshe growe
thoughe it be much awaye, and if þ
skynne

skynne be waxen thicke by banys.
Mynge away of þe flesche, take reed
nettle croppes and rubbe well the
skyn, and the oyntmente wyl better
drynke in, & this oyntmente is good
for al maner aches, for euery body.
A good drynke for þe pore. ca. c. xliii.

Take salendyne and Englyshe
saffron, the weight of an halfe peny,
and a farchyng worth of graynes,
a quarter of longe peper, a peny
weyght of mase, & stale ale, stampe
your herbe, & powder youre saffron
and medle them all together, and
than drynke it.

A salve for the pore. Ca. C. xlv

Take whyte lede. i. quarter, of
berdegrece .ii. d. ob. mastyke. i. d.
camfere. i. d. rasen. ii. ounces, sery-
ouse. i. d. mercurye. ob. turpentyne,
bzeake al these in a morter, & medle
your turpentyne with oyle olyue,
and than mynge them all together
and make therof a salve. &c.

For the goure, and swellynge of
toynter, & knobbes, that cometh of
ache of the por. Capitulo. C.xx.

Take may butter, & halfe a poude
of comyn, and a quarter of a poude
of blacke sope, and a hanfull of rue,
and a lyrell of shepe suet, and stäpe
all these in a morter, than take the
gall of an ore, & a sponc full of baye
salte, and fry all these together in a
fryeng pan tyl it be thicke, than lay
it on a wollē clothe & lay it to þe ache
as hote as it maye be suffered, du-
rynge .iii. wekes, & euerpe weke a
newe playster, & it shall take awaye
þe ache & þe swelling without doubte
for the crampe. Capi. C.xxi.

Berto berto bertoza, these muste
be said thre times, whā þe crāpe cōe
vpon a man or a woman.

For the spottedes of the mozfewe.
Capitulo. C.xxii.

Rosse. iiii. egges hard, & put them
in a hote into a pynt por with a
pynt

pint of byneger, & let it stande so. lii.
dayes & .iii. nyghtes, wel stopped, &
than clense it throughe a linnen
clothe, and wasche the spottes ther
with tyll they be awaye.

To put awaye the rotte of the
morfewe. Capitulo. C. xxiij.

Take fumytary. viij. handfull,
borage, scabyous, of eche. iij. hāfull
& bray the together in a smal mortet
& put therto a pottell of clene whay
than strayne them together, & set it
ouer an easy fyre tyll it haue a hart
of scūme, thā set it downe & strayne
it clene, & set it ouer y fyre againe &
put therto claryfied honye, & boyle
them together clene, that is to saye
boyle them easely as longe as any
scūme wil aryse, or elles ye may cla
ryfy it with egges, who so clary
fyeth tohay, and take therof .viij.
sponfull or a good draughte or two
as ye thynke best, or a good quan
titye, for it shall do muche good.

¶ ii.

for

For a chylde that is towe fall, or
molde fall, or rose fall. Ca. C. xxiij.

Take a handfull of chyeke mede,
and lap in a red cole lese, or elles in
a linnen clothe, & roste it in hote em-
bers in the fyre, & it wyll be a grene
salve, and thā laye the sayd salve to
the bone in the necke, as hote as it
may be suffered. Also take soure le-
uyū of whyte brede, and crom it on
the molde of the chylde's heed as a
playster, & it shall reyse bp the bone
or molde by the grace of god, with
ix. houres.

For the moder. Capitu. C. xxiij.

Take moder worste, called the
mother of all herbes, that is to saye
shortely mingworste, herbe simonde,
sauery, and red mynte, and drynke
this ioyce with reed wyne.

For all feure agues, and for yong
children suckyng þ brest. Ca. C. xxiij.

Take pouder of Chynall, and
saye it to soke in wyne, and gyue it

to

to drynke to the nose of the chylde
and the suckynge childe shalbe hole
Also take þ rote of murcus Diaboli
with the herbe, and hange it about
the necke of the chylde.

For to destroye poyson. Ca.c.xxvii.

Take a quantite of dragans, and
a quantite of betayne, and a quan-
tite of plantayne and make therof
wortes, and vse them.iii. dayes and
this shall destroy poyson and benign
but the most parte must be dragans

For the ague. Capit.C.xxviii.

Take endyue, sowthystyl, daun-
delyon, letuse, sorrell, of eueryche a
lykemuche, and styll these all toge-
ther and the water wyl be passynge
good for the ague.

For the hote ague infected with
pestilence take betimes. ca. C.xxix.

Take the ioyce of singrene, and
the whyte of foure egges, and saier
flower of whete, and medle it well
together, and make therof a fayer

D.iii.

playster,

playster, & laye it to the pacyentes
sydes, & than take the water of be-
tayne, & the water of pempernell, &
the water of scabious and the wa-
ter of turmentyl, & water of radeis
of eueryche a lyke much medled to-
gether, & geue þ pacyente to drinke
for the gowte. Capitu. C. xxx

Take ransey & wormewoode of
eche a lyke much, temperatly ynou-
ghe of shepes suet accordynge to
youre herbes and fry thē in a panne
ouer the fyer tyll it be grene, but be
ware it be not brente, & whā ye wyl
occupy it caste a sponesfull of lyne-
sed therin & if it be the colde gowte
lay it to hote, & if it be þ hote gowte
laye it to colde wynter and somer.

To drawe out ache. Ca. c. xxxi.

Take Cantarydes, and take of
their heades and stāpe thē. iiii. or. v
houres in good vinegar, & than lay
them vpon a playester of dyaculum
and aboue vpon them a fyne linnen
clothe

clothe or elles fine double of lanne
nette the skynne, & sow in your can
tarydes in maner of a quylte, & lay
it to the ache, and it wyl make it to
blyster, than prycke it oute with a
nettel, and thā take this medecyne
folowynge, and it wyll drye it.

To dry the same. Cap. C. xxii

Take grounde yuye a quantite
and stampe it in a mortar, thā take
shepes suet, and put them both in a
panne & fry thē well together tyl it
be grene, & than ye shal straine it, &
make of it a cake, & whan it is colde
make ther of a playster broder than
your cantarydes was, within.iii.
daies after all shalbe paste and dry.

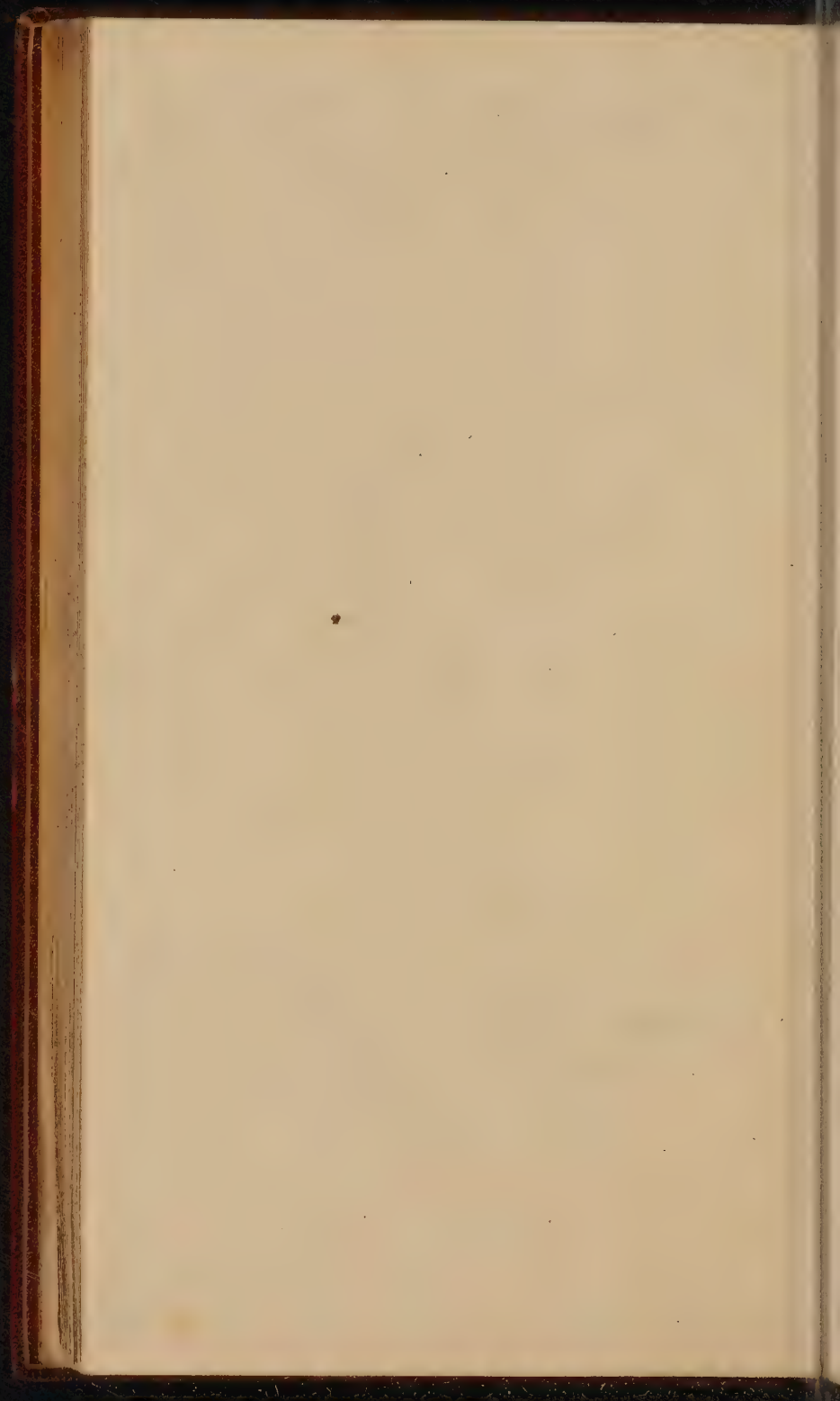
For the swellynge in a mannes
kne or legge & aketh. Ca. c. xxiii.

Take a blewre or a blanket wol
len clothe as muche as wyl lappe a
bout the kne or leg & than take the
white of two or thre henne egges,
& bete them wel in a dyshe & spredde
it

it vpon the clothe so bone, than take
yolkes and bete them in a dysche &
put therto blacke sope as muche or
more, and bete them wel together,
and whan they be well beten toge-
ther make thereof a fayer salue and
sprede it thicke vpon the clothe on
the whyte of the egges metelye
thicke and lap it aboute
the soze kne or legge
and rolle it and let
it lye thre dayes
& it wyl fetch
a way þæt swel-
lynge & the
ache.

F F A I S.

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charde Iugge, dwelling in Pauls
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